





BLOCK & CHISEL













> Small spaces

A retiree scales down to a 45m² contemporary cottage in Grabouw

26 Two run-down PE flats become a compact double-storey sanctuary

An **eclectic apartment** with stunning views over Jo'burg's treetops

44 A small Durban **beachfront apartment** that's big on style

Clever design ideas transform a Sea Point rental apartment

décor

Fresh ideas for storage and displays

20 Retail therapy Décor finds for under R300

Renovation For these homeowners, old is definitely better than new!

do it yourself

Make a handy wheelbarrow bench
Two creative ideas for a home office

in the garden

Pocket-sized gardens that pack a punch

100 Plant of the month March lily

102 Garden diary What to sow and grow and where to go this month

in the kitchen

108 Quick and easy stir-fries

116 Chocolate cupcakes, step by step

118 Dinner's on the table! Food in a flash

Food for thought with Karen Dudley

Food & drinks to feed your senses

giveaways

6 WIN a home worth R320 000!

8 Write in to **Your Space** and WIN

63 Enter our 2016 *Fix it with Flair* competition now

WIN a **Slumberland** queen-size bed worth R10 000!

84 Complete Crossword #87 and WIN a book hamper worth R1 500

regulars

10 Diary March highlights

What's new on the décor scene

Ask the experts to solve your problem

78 Décor dilemma

79 Trash or treasure? Let's find out

79 JJ's garden solutions

80 Pets and their peculiarities

130 Last words from Riana Scheepers

5 Get your tickets for our 30 Days of Home + Food lifestyle event now!

Cover photograph: Francois Oberholster Styling: Marian van Wyk

Hello!

Could you live in a 45m² house?

The reason I ask is because it seems to me that scaling down is what everyone's talking about these days. Maybe it's the economy, maybe it's because things are so uncertain and people are looking for more order in their lives. Time to get rid of clutter and make do with less.

At work, my desk can become guite messy. When I feel stressed, I tidy it up, stack the papers neatly in a pile and prop my keyboard up against the screen. These measures might not bring an end to global terrorism, and the rand will still only buy breadcrumbs in London, but they do make me feel more in control.

This issue is about small spaces, and the 45m² timber and zinc home belonging to Ben Smit (see page 22) really gets me excited. Apart from the way it's been built, it made me wonder: if I could take only the stuff that I like the most with me, would I be able to feel completely at home in that house? Ben puts it so well: now that he lives alone, he actually has the exact same "luxuries" that he enjoyed in the large family home where he and his late wife raised their children. There is a space to sit and relax, a kitchen with everything he needs, a table for socialising with loved ones and a place to sleep. And on balmy summer days, the stoep is more than adequate for outdoor living...

Friends of mine spent a few months in America last year due to work commitments. During that time, their spacious home in Somerset West was entrusted to a family member and they lived in a small bachelor flat in Boston with just the essentials. "I think it was the best year of my life," mused Thys around the braai the other evening.

Thys's words are almost a refrain in this issue – because the readers whose homes we've featured all said the same. Scale down, declutter, give away.

Is this your story, too? Tell us about it...

If you're in the market for a small space, our Win a Home competition will grab your attention. The house is tiny - 40m² - but ever so impressive. Behind the scenes, architects are working on designs to utilise this space in the best way possible - a complete home with a kitchen, bathroom and sleeping area. We can't wait to see their plans, and you can vote for the one you love.

Two years ago, we featured a pod home similar to this one in our eco issue. It was also built by Perfect-Places - they will erect one anywhere within the boundaries of South Africa. If you already have a piece of land somewhere (or extra space on your property), enter now! The details are on page 6.

editor@homemag.co.za











Have you got your tickets?

Our new lifestyle expo, 30 Days of Home + Food, is a celebration of all things fabulous.

Because when 12 magazines, including *Home*, join forces from 4-6 March at the Gallagher Convention Centre in Johannesburg, great things are bound to happen.

Each magazine will be bringing along its own celebrity; Home's guest of honour is comedian Marc Lottering, who'll share the stage with our handyman Deon de Goede for a DIY demonstration. Be prepared to learn and laugh!

In addition to Home's workshops, there'll be cooking demonstrations, a banting market, plenty of stalls and more. Once you have your ticket for R150, you get free access to everything happening in the conference centre – including all the demos.

Visit us at 30 Days of Home + Food for a festival of fine fare and fabulous décor with SA's top magazines and celebrities.





Get your tickets online; go to 30 days.co.za and join in the fun.

COME & JOIN US! OF HOME + FOOD 4-6 MARCH 2016 | GALLAGHER ESTATE











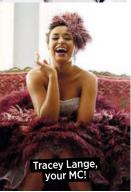














Come and join us for a morning or afternoon of **cooking**, **decorating** and **chatting** to your favourite women's magazines and some of South Africa's biggest celebrities!

YOUR TICKET WILL GIVE YOU AN ALL ACCESS PASS TO:

OUR HOME & FOOD STAGES

AM

08:30 14:00 Pete Goffe-Wood & Justine Kiggen (LOSE IT!)

09:00 14:30 Karlien van Jaarsveld, Lounette Fourie & Anita Rossouw (SARIE)

09:30 15:00 Rebecca Malope & Dorah Sitole (MOVE!)

10:00 15:30 Marc Lottering, Wicus Pretorius & DIY Deon (TUIS|HOME)

10:30 16:00 Cass Abrahams & Shaleen Surtie-Richards (KUIER)

16:30 Editor Terena le Roux & the Creative team (IDEAS|IDEES)

11:30 17:00 Bobby & Karlien van Jaarsveld, Barbara Joubert & Herman Lensing (SARIE & SARIE KOS)

12:00 17:30 Suzelle DIY & Suzy Brokensha (FAIRLADY)

12:30 18:00 Anele Mdoda (12:30), Vuyo Dabula (18:00) & Tumi Sebopa (TRUE LOVE)

30 DAYS OF HOME + FOOD PROUDLY HOSTED IN ASSOCIATION WITH













Choose between the morning or afternoon Morning: 08:30 - 13:00 Afternoon: 14:00 - 18:30

9 Food, Home and DIY demos per morning or afternoon session

Tickets available at www.30days.co.za or from Computicket



- Meet your favourite 9 editors and 11 celebs
- Shop the show at various pop-up shops
- Eat and drink at the magazine food trucks and Graham Beck wine bar

WATER A POD HOME

One lucky reader will become the owner of a 40m² modular house from Perfect-Places by the end of the year. Start dreaming...

t all started with an article about an eco-home in Greyton built with modular timber panels (pods) that was featured in the September 2013 issue of *Home*.

Readers couldn't believe their eyes – the house looked as if it had been constructed with bricks and mortar! Not only was it gorgeous, it was also quicker and much cheaper to build.

It's a true eco-home that offers seven times the insulation of a brick home. Built with timber panels, the most sustainable building material, its energy efficiency far exceeds national building standards.

People called from far and wide to find out more about this pod home. "We couldn't keep up," says Erwin van der Weerd, owner of Perfect-Places, the company that builds these impressive homes. "Readers still come to our factory clutching that September issue."

Now you stand the chance to win one of these pod homes, which Erwin's team will build for the winner free of charge anywhere in South Africa. All you need is a patch of land...



HOW TO ENTER

1

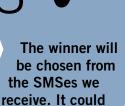
Check out the architects' plans in our April issue and choose the one you like.

2



Send an SMS to 33406 (each SMS costs R1.50); you may enter as many times as you like. 3

be you!





A small space with a big heart

Because we're focusing on small spaces in this issue, we asked a panel of architects to design the perfect compact home, no bigger than $40m^2$ – that's just bigger than a double garage.

If that sounds too cramped for you, wait until you see what's possible with good planning. And turn to page 22 of this issue to read about Ben Smit, who loves living in his 45m^2 cottage in Grabouw – it might not be a pod home but it's almost the same size as the house we're giving away. Enter now!

These photos are for illustration purposes; they are not representative of the prize.



www.perfect-places.co.za



The value of this pod home is R320 000. It can be built anywhere within the borders of South Africa.









Terms and conditions

1 Anyone in South Africa may enter the competition, with the exception of employees of Media24, the competition sponsors, their subsidiaries, promotional and advertising agencies and immediate family members. 2 The pod house will be delivered to the prizewinner by the end of January; extensions will only be granted if agreed upon in writing with prize sponsors. Arrangements for the construction of the house must be made between the winner and Perfect-Places. 3 The pod home is windproof and watertight and excludes finishes and fittings. The prize does not include furniture. 4 SMS competition winners are randomly selected from all SMS entries. 5 The winner will be notified telephonically or by email. 6 The decision of the organisers is final and no correspondence will be entered into. 7 Prizes cannot be transferred, extended or exchanged for cash. 8 The onus rests on the client to supply the prize. Home cannot be held responsible for problems and delays in the delivery of the prize. 9 By completing any details or providing these details you give us permission to communicate with you via these channels.





your space

Write to us at **Home**, Readers' Letters, PO Box 1802, Cape Town 8000; email **editor@homemag.co.za**, fax 021 408 3046, and join our Facebook group (facebook.com/homemag) or follow us on Twitter @TuisHomeMag.

WINNING LETTER

It fills me with joy!

Marie du Plooy of Bloemfontein writes It's funny how a quote from my wonderful childhood still fills me with joy: "He who plants a garden, plants happiness". In my little girly mind, it grew into something that made me decide to have joy and spread joy with fruit and vegetables from my garden.

Therefore, a vegetable garden was one of the first things I established when we moved into our new house (without a garden) some years ago.

Today, it still provides me with great joy. I'm always on the lookout for unusual vegetables and several people, even from the older generation, have seen flowers on sweet potato plants for the first time in my garden. I like rare plants as well as all the shapes and colours of tomatoes, multicoloured cabbage species, asparagus, rhubarb, gooseberries and nightshade.

I also relish your 'Herb of the month' feature as it offers valuable insight into





these plants and now I can make the most of my vegetable and herb harvest. *Home* is the best thing that's happened to me since we got our own house and garden.

I particularly loved the step-by-step paella recipe in your January 2016 issue – it really came in handy when we had guests over during the holidays. The bobotie meatballs were also a hit, as was the steak and lentil salad. I felt I had to share the compliments I received with you. Take a well-deserved bow, team *Home* – you are truly astounding!

IN SHORT

We recently welcomed the third and final addition to our family, a little girl named Isla Noel. During my stay in hospital, following the birth, my hubby was unable to spend a lot of time with me as he had his hands full with our two boys.

He did, however, buy me *Home* which is a pretty standard thing for him to do whenever I ask him to get me a magazine – hubby has good taste, hey?

So here's a pic of my little blessed angel sleeping while Mum relaxes with your January issue. Thank you *Home* for keeping me company.

– Kirsten Cloete, Durban



With a lick of paint

Delene Morgendaal of Bedfordview writes I simply love your magazine – I read it from cover to cover! It has inspired me to upcycle some really old pieces: a desk more than 60 years old; a kitchen cupboard and an old bookcase my late dad made which are both more than 50 years old; an old steel cupboard salvaged from a school and a very old unit that my mother gave me when she moved into a smaller house. All done with Plascon Velvaglo!

I live in a reasonably spacious apartment built in the 1970s and when I became addicted to *Home*, I also decided it was time to clean up the courtyard outside the kitchen. My long-suffering fiancé helped. We actually painted the walls today but we still have to finish painting the cement floor as well as an empty frame!

Thank you for the constant inspiration that comes with every magazine!

WIN! The writer of the winning letter gets a Linen Drawer gift voucher worth R1 500!

Linen Drawer produces and sells top quality pure cotton percale and linen bedding and bath accessories such as throws, bathrobes, towels, duvets, pillows and bed wraps. All of its cotton products have hypoallergenic properties. Linen Drawer's user-friendly website makes it easy to order products online and delivery is free in South Africa; go to linendrawer.co.za or call 021 872 0108.



The editor reserves the right to edit letters at his discretion





diary

ON THE BOX

Want to know how to cook the perfect soft- or hard-boiled egg? Or the fluffiest scrambled egg? The inimitable Martha Stewart shares these and other secrets as she teaches viewers all they need to know about the world's most versatile form of protein. Whether you like yours over easy or sunny-side up, Martha will show you how to prepare them just right every time with easy-to-master techniques and tips. Don't miss Martha Stewart's Cooking School on the Home channel (176 on DStv) starting 30 March.





Decorex Durban 2016

18–21 March: Durban Exhibition Centre

KwaZulu-Natal's leading décor, design and lifestyle exhibition, themed Take it Home, Make it Home, once again promises to be the destination of choice for those committed to turning their house into a home. You can expect a showcase of the latest décor and design trends, products and services. Tickets cost R75 for adults; R65 for traders, pensioners and students; and R20 for under 12s. Go to decorex.co.za.

Randfontein Show

3-6 March: Greenhills Sport Stadium, Randfontein

Don't miss the 30th celebration of the West Rand's biggest business and social extravaganza with more than 400 exhibitors, wine and beer gardens, an impressive line-up of live entertainment and fun for the kids. Call 011 412 2878 or visit randfonteininfo.co.za.



Hobby-X Jo'burg is at the Ticketpro Dome in Northgate from 3–6 March; go to

hobby-x.co.za for details.





Compiled by Zanélle Roodt

Send diary entries to **diary@homemag.co.za** at least three months before the event.

March flashes

4-6: 30 Days of Home + Food!

4–13: Celebrate South Africa's written, visual and performing arts at the annual **Stellenbosch** University Woordfees; for details, call 021 886 5036 or visit

www.sun.ac.za/english/woordfees.

4–13: Neethlingshof Wine Estate in the Stellenbosch Winelands is hosting a series of summer picnic concerts. Enjoy great food, wine and live acts including Chris Chameleon, Valiant Swart, Laurie Levine, Manouche and many more.

Get tickets at computicket.co.za or visit neethlingshof.co.za.



6: Participate in or support the 39th **Cape Town** Cycle Tour, the world's largest timed cycling event; visit **capetowncycletour.com**.

12–19: The South African International Film Festival, better known as RapidLion, is back in **Jo'burg** at The Market Theatre with the focus on African cinema; call 076 893 8928 or visit **rapidlion.co.za**.

14: April issue of Home on sale!

21: Human Rights Day

24–30: Get your festival gear together for the 22nd Klein Karoo National Arts Festival (KKNK) in **Oudtshoorn**. You can look forward to an exceptional programme of music, theatre and entertainment as well as great food and wine. Book at computicket.co.za or visit **kknk.co.za**.

It's harvest time!

1–27: The **Robertson** Wine Valley's Hands-on Harvest Festival invites you to get involved in the harvesting and wine-making process from grape-picking, bunch-sorting and wine-blending to vineyard walks, cellar tours and picnics. Tickets and prices vary and each activity must be booked directly with the hosting estate. Call 023 626 3167 or visit **handsonharvest.com**.

5: Take the whole family to the 9th Ommiberg 'Round the Rock' Festival in **Paarl**. Expect grape-stomping,

wine-blending and tasting; get your tickets at webtickets.co.za or visit **ommiberg.co.za**.

6: Get your summer groove on at *Weintaufe* at Eikendal Estate on the R44 **between Stellenbosch** and **Somerset West.** This fun harvest celebration invites young and old to unwind with an al fresco feast on the lawn: call

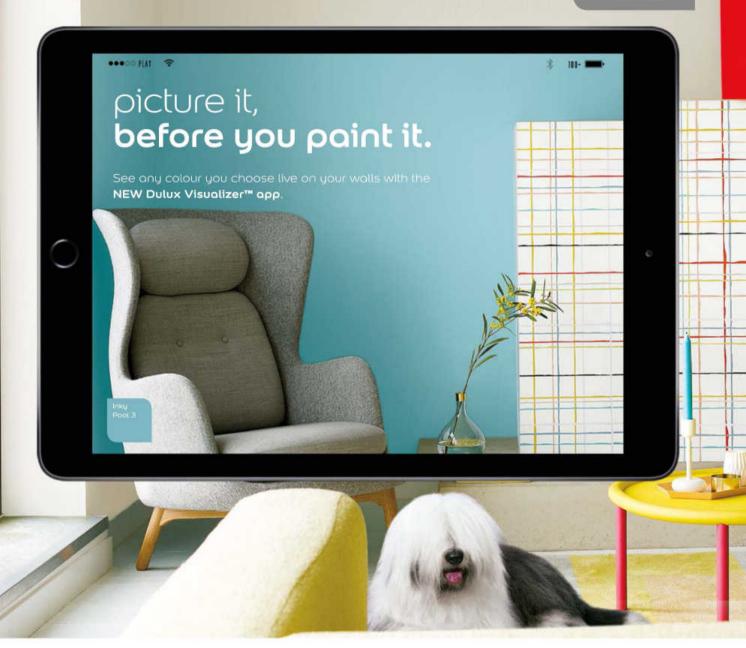


021 855 1422 or email counter@eikendal.co.za.

12: The Melck family host their Harvest Festival under the ancient oaks at Muratie Estate in Stellenbosch. Enjoy the Kitchen Jammin' Blues Band, good food from the Farm Kitchen, sterling wines and grapestomping. Tickets cost R50; call 021 865 2330.







South Africa's most loved paint brand* - Dulux, brings you the latest in technology with Dulux Visualizer™. An easy-to-use app that gives you a live impression of how your room will look in any colour you choose before you paint it.

Download the FREE Dulux Visualizer™ app today on your smartphone and tablet device.

For more information contact Dulux Careline on 0860 330 111.

* 2015/16 TGI Category Winner and 2015/16 Kasi Star Brands Category Winner.





what's new

Compiled by Beatrice Moore-Nöthnagel

Please send décor and lifestyle news to news@homemag.co.za.

Watch this space!



BUSINESS Silo Designs **WHO** Gerhard van der Merwe **WHERE** Cape Town

HIS WORK Upcycling continues to be a massive trend in 2016 and the challenge facing designers now is how to remain original. Gerhard gets it just right. He isn't trying to be too clever nor is his work unaffordable. But, most importantly, his products are beautiful.

"Everything is uniquely produced and no piece is identical to another," explains Gerhard. "We also aim to lower our carbon footprint by sourcing local materials as far as possible."

Besides selling functional pieces, Gerhard also does custom projects and installations, furniture repairs, refurbishment and upholstery, and spray-painting of wood and metal. He also offers design and installation advice. Visit **silodesigns.co.za**.



Fabric

Add fresh florals to your outside entertainment area with the new Aruba outdoor fabric in colour 04 (R450/m) from U&G Fabrics' stunning Caribbean Couture range – perfect for mattress covers, scatters and tablecloths. Check out ugfabrics.com.





Wallpaper

INCdecor has launched a new range of wallpapers, fabrics and paints. We love their Diamond wallpaper (from R415/m; 135cm wide) – and they only print the meterage required, so there's no wastage (minimum order 3m). For stockists, go to incdecor.com.

Shop alert!

Pylones, the French niche gifting retailer, is opening its second store in South Africa at Sandton City in Jo'burg. This follows the very successful launch of its first store in the V&A Waterfront in Cape Town in August 2014. A must-visit for that quirky and unique homeware item.





If you're heading down to the coast during the school break, be sure to pop in at a charming shop called Verandah in Stilbaai on the Garden Route for beautiful décor items and gifts. Find them on Voortrekker Road or call 028 754 3562.



Local is lekker

Hot products

New kid on the block Dominic's Creations makes funky items such as these felt apple coasters (R95 for six), available in different colours and designs. Visit hellopretty.co.za.



Benji + Moon have launched an online shop and we're in love with the amazing hand-felted Cat Cocoon made from 100% Merino wool (R1 600, 40 x 43cm). The team collaborated with SA's top felt artist, Ronel Jordaan, to create its designer felt range. For more items, visit benjiandmoon.co.za.



New from KZN kitchen manufacturer Milestone Kitchens is the Swedish Style pastry table in ash with a stainless steel top (R20 143; 1 600 x 600 x 900mm) – a must if you love baking! Check out milestonekitchens.co.za.

Linen and bathroom specialist
Volpes has launched its biggest
collection of bathroom towels to
date. The different ranges include
Tranquillity, Simply Soft,
Indulgence, Inspire and Creative
– and its Circles and Stripes
collection caters for all tastes and
budgets. Go to volpes.co.za.

Woodenways' latest offering incorporates both occasional and task lighting with strong references to the iconic Anglepoise design. We love the Woodenways Executive Desk Lamp (R840) with its funky red cable. Go to woodenways.co.za.

New from Tile

Africa is the Classic Arabesque
Candy Mosaic (R229.99 per
30 x 30cm sheet). "Geometric
shapes remain a popular choice
with hexagons being favoured
more often than not," says
Liza Watermeyer, retail and
display co-ordinator at Tile
Africa. "Gables, trapeziums,
parallelograms, rhombus and
triangular shapes are also gaining
copularity." Visit tileafrica.co.za. fr





Take your storage and displays from functional to beautiful; think outside the box...

Compiled by Johané Neilson • Photographs Francois Oberholster, Greg Cox, Elza Roux and Justin Patrick • Styling Jani Venter, Kim Bougaardt, Marian van Wyk and Simone Borcherding

If the shoe fits...

We love Liesel Crafford's clever use of pigeonholes as storage for shoes in a built-in cupboard she designed for Magdel van der Walt. The cupboard was constructed by Instyle Creations.

Splashes of colour and laser-cut detail add impact. And look how neatly the shoes fit!





Bowled over

Louis Botma is a big fan of Japanese cuisine and has been collecting little bowls like these for years. Most of them come from second-hand stores or were purchased while on holiday in Japan. He keeps his collection safe in a drawer lined with carpet felt so that the bowls don't slide around or bump together and get chipped.







Find your niche

Plan your kids' rooms so that they can grow with them. These homeowners have used a niche in the wall to house a cupboard that, together with two colourful crates, provides storage for books and toys. Later, it can be used as a wardrobe, as a bookcase or to store art supplies.

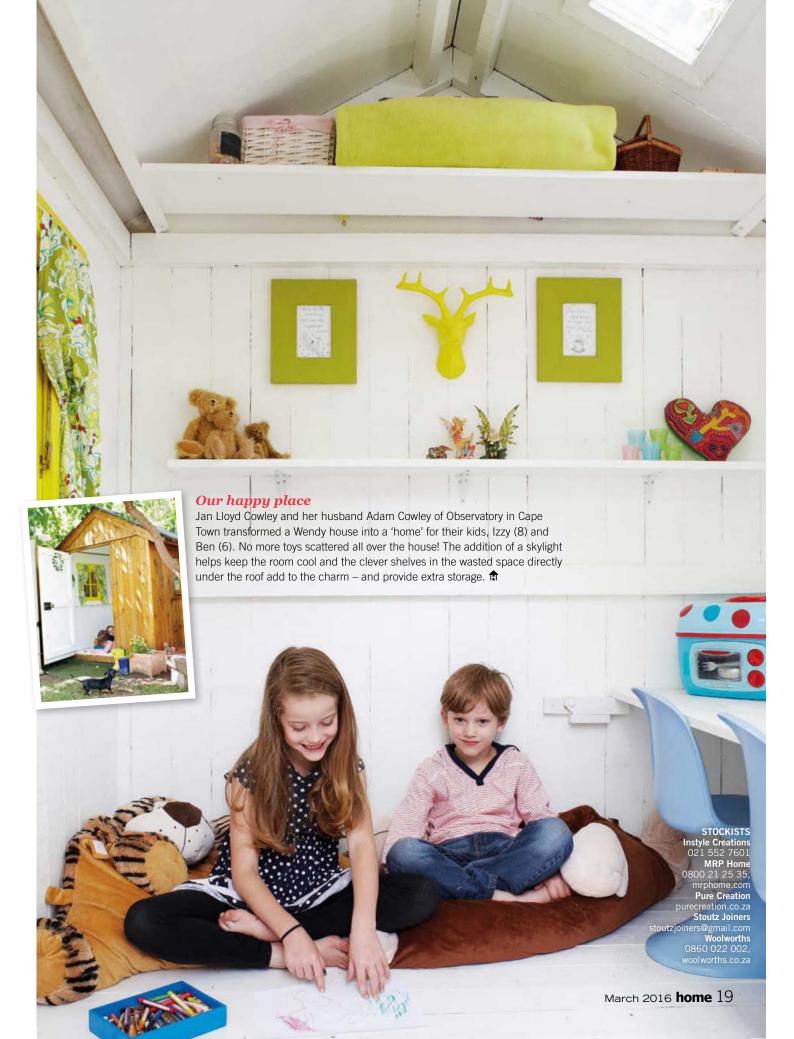
Add a personal touch to your décor...
Visit garage sales, flea markets and
second-hand or charity shops.
- Germarie Bruwer and Margaux Tait,
Stylstryd presenters

Metallica

A floating shelf above the bed is a good way to keep books at hand – and your bedside table free of clutter. Remember to install the shelf high enough so that you don't bump your head but can still reach the books. Then decorate the wall space beneath the shelf – these cute ZZZ letters were cut from plywood and embellished with copper coins for a fun effect. >>







Beautiful finds -for under R300!

You don't have to spend a fortune when it comes to décor – treat yourself to one of these pieces and give your home the edge.



MRP Home





45**m**²

Who lives here?
Ben Smit
{WHERE} Grabouw, Western Cape



Retirement years are often synonymous with downsizing and scaling back – plus the challenge of becoming accustomed to a smaller home. But Ben Smit (77), who worked at Unisa in Pretoria, sees this phase of his life in a whole new light. Since 2013, this widower and father of five has been living in a 45m² (with a 9m stoep) cottage specially designed for him by his architect son Marcus.

Even though he calls it a cottage, Ben's home looks fresh and contemporary, thanks to the exterior cladding of galvanised zinc. It has a cosy open-plan living area that's

separated from the bedroom by a ceilinghigh bookshelf. There's no room for clutter, just books because reading is one of Ben's great loves.

"I don't watch TV; I sometimes miss the sport, but it doesn't bother me," says Ben. "I like listening to the radio and read more now, of course."

A tiny open-plan galvanised zinc house is not every retiree's cup of tea, but Ben is young at heart and has an open mind about the modern design. "In my head, I'm still young and as a singleton I live well; when the kids visit, we have a great time.

A fresh perspective

Ben didn't find it difficult to scale down:
"If I compare this place to the huge space I shared with my children in our former home, it's actually consistent with how I live now.

"I still have personal space in my own bedroom, there's just no longer a huge building that has to accommodate lots of people like before. And it's no longer necessary. "I wouldn't have wanted a bigger place. To be honest, there's nothing I would add. The only adjustment to living in such a small space is that everything must be in its place – even though I'm actually someone who likes to just leave things where I've put them down and never put them away," admits Ben, laughing. >>

The stoep is Ben's favourite spot.

Although it faces west, the tall trees and the roof keep it cool. A screen made of transparent polycarbonate sheeting shelters the stoep from the north-westerly wind and rain without making it dark.







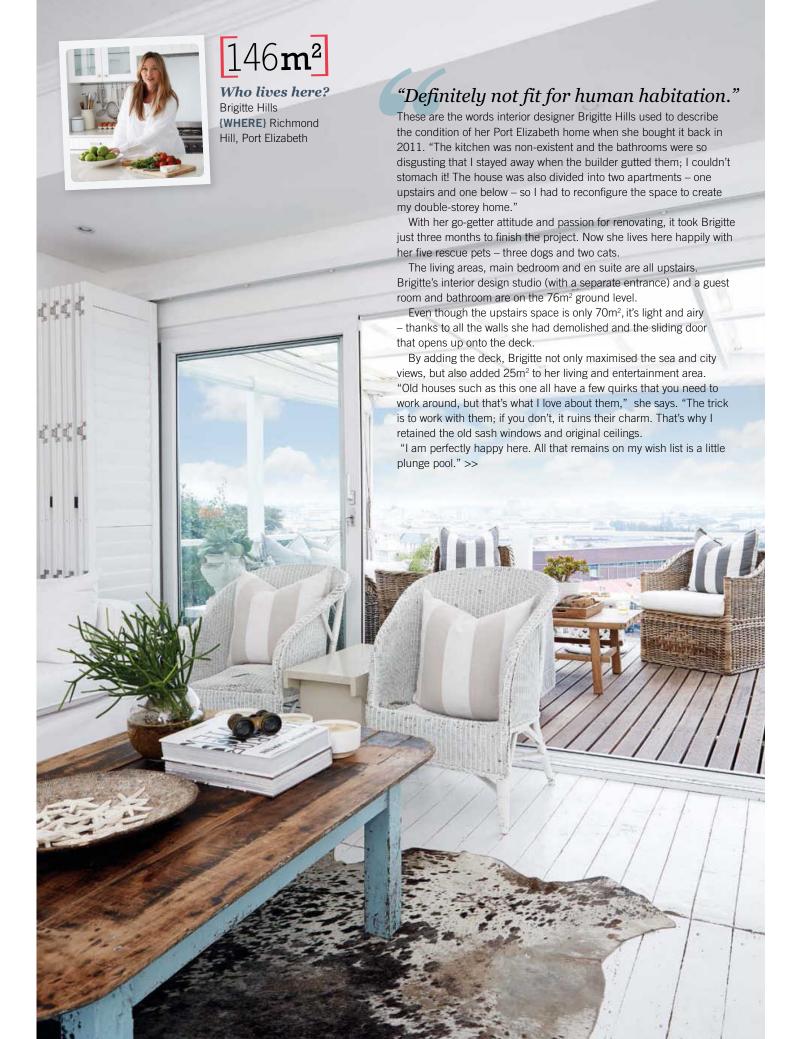


26 **home** March 2016

Down by the sea...

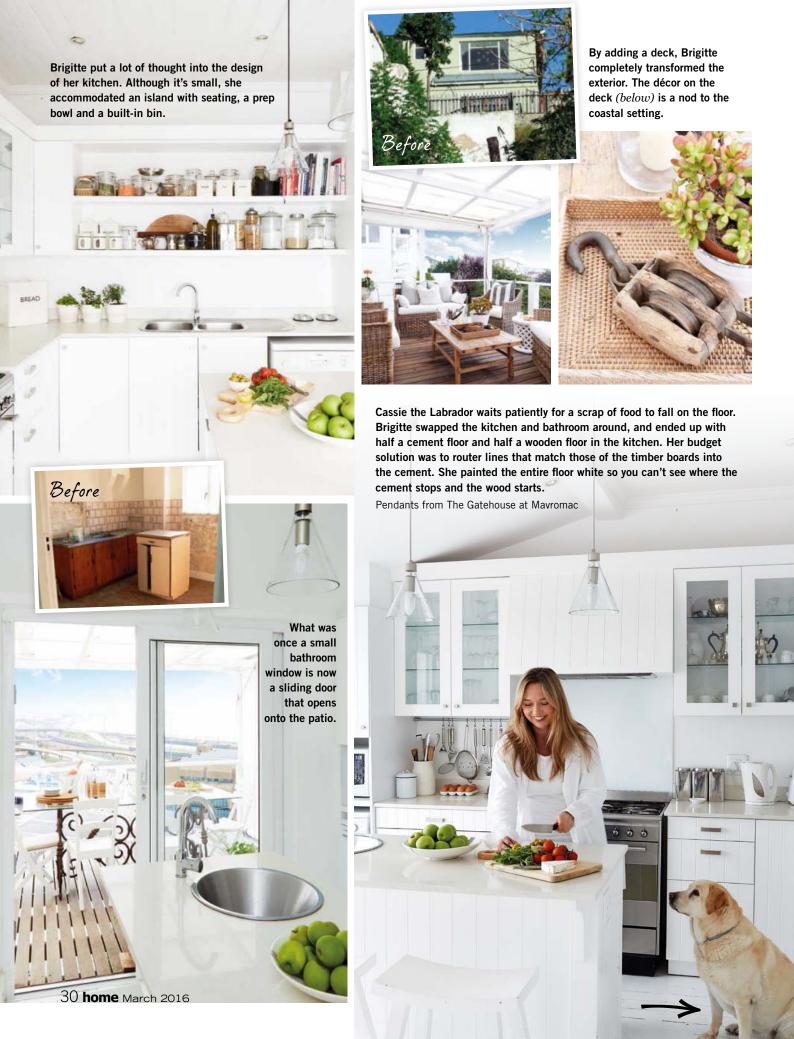
Brigitte Hills has transformed two run-down, cramped apartments in Port Elizabeth into a compact double-storey with gorgeous harbour and city views.















TIMELESS LUXURY

ENDURING QUALITY

25

YEAR WARRANTY

p) 012 803 9431 f) 012 803 6337 sales@dadocreations.co.za www.dadobaths.co.za



URBAN

SOPHISTICATION

FEATURING:

Dubai DADOquartz Bathtub, complimented by the JEE-O Pure bath mixer









[BRIGITTE'S DÉCOR TIPS]

- Open plan works best; you may need to reconfigure rooms to create a better flow or an en-suite bathroom.
- Outdoor spaces are an extension of the home, much like an extra room. Large doors or windows leading onto a small garden or deck create the illusion of greater space and also let in more light. However, consider how this will affect the overall look and style of your home. The interior and exterior need to work together and are equally important.
- Rather than several small pieces of furniture, choose a few well-proportioned functional items.
- Hang curtains to full height just below the cornice. This draws the eye up and makes a room appear bigger.
- Don't be afraid of white. It creates an uncomplicated blank canvas for whatever you want to throw at it. If ever I do get tired of the greys and neutrals, I can change to another colour palette with ease.
- Layer upon layer of texture adds personality. Normally, I preach that less is more, but not when it comes to textures. More is more!
- Storage is key, so look for wasted space that can be cleverly utilised. Clutter is a killer let go of your junk!



Swapping the kitchen and bathroom around made it possible to create this en-suite for the main bedroom (below). Brigitte found the bath in her previous garden in Richmond Hill. "It was a 'fish pond' or, more accurately, a mosquito breeding ground! I stored it for a few years and then planned this bathroom around it. It was re-enamelled and now it's as good as new." For the vanity, Brigitte bought an old cupboard, removed the wooden top and replaced it with Carrara marble.







STOCKISTS @home 021 938 1911, home.co.za Artvraat Designs 021 434 0083, artvraatdesigns.com Biggie Best 021 534 8662, biggiebestwebshop.co.za Coricraft 021 508 5200, coricraft.co.za Milestone Kitchens 082 254 1356, milestonekitchens.co.za Sutherlands Home Furnishings 012 807 2805, shf.co.za The Lighting Warehouse 0861 5444 8464, lightingwarehouse.co.za U&G Fabrics 031 275 3100, ugfabrics.com Woolworths 0860 022 002, woolworths.co.za





An eye for detail

96**m**²





















Francois offers advice on small spaces

- Keep a small open-plan home neat because there's no door that you can close if someone shows up unexpectedly.
- Group ornaments together, either by colour or style. A few items that tell the same story placed together have greater impact.
- Create quiet spots where your eye can rest.
- Freestanding cupboards can be less imposing than built-in cupboards but still provide the necessary storage space.
- Furnish rooms according to your own needs. This apartment doesn't have a proper lounge or TV room: "We'd rather spend time around
- the table, socialising with friends," explains Francois. The round table can be extended to accommodate more guests, while the Chesterfield sofa provides additional seating.
- Make the most of the space available to you. I believe the leafy view of Johannesburg makes our apartment feel a lot bigger.
- Paint certain walls black (we used Desert Darkness from Dulux) so that they fade into the background
- this also goes a long way in making a small space feel bigger.
- Uniform floors throughout provide a seamless flow between rooms. 🗊







STOCKISTS Checkers 0800 01 07 09, checkers.co.za MRP Home 0800 212 535, mrphome.com Sugar & Vice 074 785 9525, sugarandvice.co.za The Trading Company 021 863 5223, spiceroute.co.za Woolworths 0860 022 002, woolworths.co.za







The homeowners
Silvia and Guy Miles
{WHERE} North Beach, Durban

The daybeds were made in Silvia's Milestone Kitchens factory – they're simple yet elegant, and extremely versatile. "I made two bases the same size as a single bed and put them next to each other, head to foot," explains Silvia. "I then covered two single-bed mattresses with an upholstery fabric and put cushions along the back. I bought fitted sheets for each one so that when we have extra or unexpected guests, they can simply make up the beds for a comfy night's sleep."

Silvia's son Toby checks out the surf.

Made to measure

This neat little apartment on Durban's beachfront is proof that a small space doesn't have to compromise on style.

By Wicus Pretorius • Photographs Sally Chance • Styling Kim Bougaardt









Silvia and Guy Miles's beachfront apartment is the ultimate in lock-up-and-go convenience and it works for the whole family – especially their surf-crazy kids!

The couple, who live in the KwaZulu-Natal Midlands, bought this one-bedroom apartment on North Beach two years ago and renovated it to small-space perfection. Here, their two student daughters and teenage son can stay over on weekends and make the most of it when the surf's up. And although it's on the small side, there's still plenty of room – thanks to clever planning, as many as six people can kick back and relax after a day in the sun.

"It's also very convenient for me when I have business appointments in the city, an early plane to catch or plan to visit my parents," says Silvia. "I love Durban and enjoy spending time here. It has excellent restaurants and an interesting nightlife."

When Silvia bought the apartment in 2014 it was rather run-down but as owner of Milestone Kitchens she was able to custom-make furniture to suit the space – and, of course, add her own personal touch.

The project took about six months and with the help of designer Tracy Kelly of Nom de Plume Studio, Silvia has created the ideal space. >>

The cupboard behind the pillar in the small passage (left) provides storage space for a broom, groceries and linen, a clever space-saving trick that makes the most of an otherwise under-utilised area.











The rustic bamboo towel rail close to the front door $(top\ left)$ is a practical addition with ample hanging space for hats and beach paraphernalia – there's even a handy shelf below for beach towels. "Everything rusts close to the beach so we opted for wood, plastic and stainless steel," says Silvia.

Old doors with a distressed look (above right) from Seconds on West, Pietermaritzburg







When Annie Klopper and her boyfriend, Jaco de Wet, suddenly had to find a new place to stay, a neglected studio apartment in Sea Point was the most affordable option.

Although they're renting, they were able to make cosmetic changes to the 75m² bachelor flat with the consent of the owner – and now it really feels like home.

Dusty and dated it definitely isn't. Best of all? It didn't cost them an arm and a leg, and with a bit of clever planning they'll be able to remove new accessories such as pendant lights and floating shelves and take them with them when they move again someday. The total cost of the transformation came to about R8 000, of which roughly R3 000 was spent on items they can keep.

Take a look at Annie and Jaco's apartment and be inspired – their makeover offers plenty of clever ideas you can try out in your own space. If your rental home has limited storage space, consider floating shelves on the walls. They also add height. Or hang items against the wall; Jaco did just that to display his collection of guitars (*previous page*).



Prevent open shelving from becoming untidy by arranging elements in groups of three or five, leaving breathing space in-between! Keep your arrangement forever fresh by incorporating plants. – *Annie*



THE ENTRANCE HALL

Put your personal stamp on your home right at the entrance, says Annie.

"Paint an accent wall and replace an unsightly ceiling light. It's something you can spend a few rands on, seeing as you'll be able to take it with you when you move. Just make sure you store the owner's lamps somewhere safe and put them back when you relocate!"

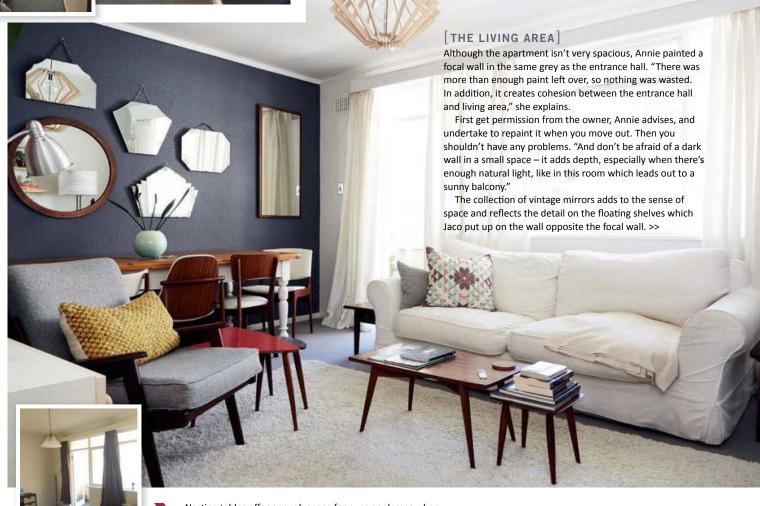
The old freestanding bookcase from Annie's childhood bedroom provides extra storage space for books and magazines. On the second shelf, Annie has placed a wooden crate in which items such as sunglasses, memory sticks and other clutter can be kept neatly stored and close at hand. Artwork bought at pawn shops decorates the once empty walls.

Just a bare bulb hanging from the ceiling provided light in the entrance hall, but now a grey cord (about R50 from Builders) and bronze-coloured shade from Abode (R350) have transformed it into a focal point.

The walls and ceiling were given a fresh coat of white paint, while the accent wall was painted in Plascon's Charcoal. "The coat rack was rescued from our previous home. The owner was planning to throw it away when he started renovations."

If the place you're renting has ugly carpets or floors, invest in the biggest rug you can afford (below), preferably one with a bit of texture or personality. You will always be able to use it again somewhere else.

Carpet from Flooring Depot; ceiling lamp from Scotch & Sofa; large scatter from Room 13 Collection; small scatter from Pick n Pay Hyper; yellow cushion from Woolworths; standing lamp from Vamp Furniture





[THE BATHROOM]

An advantage of a small space is that you can re-tile the floor fairly cheaply. "The owner of the apartment was only too happy that we were prepared to replace the old, broken vinyl tiles and paid for the new ones. Here, black and white mosaic tiles have restored the 1950s bathroom to its former glory. They come in 30 x 30cm sheets and cost R150 for a pack of three.

The old steel window frames and burglar bars received a coat of white paint, and affordable plastic blinds from MRP Home were installed. The blinds create a clean, well-rounded look and are a practical solution, especially since the showerhead is situated above the bath.

A striking shower curtain (this one from Ikea was a gift from overseas) brightens up the bathroom and with a fresh lick of white paint on the walls and ceiling, the room once again looks bright and airy.

"We didn't paint any tiles," says Annie. "We liked the original 50s colours in the bathroom – lilac and light-blue. They just needed a thorough cleaning and new grout. We did re-spray the bath though – this was done by Renu-a-Bath at a cost of about R1 500."



[THE KITCHEN]

"Our inspiration for the kitchen renovation was 1950s diners – our priority was to utilise the limited space as best as possible," says Annie.

"When we moved in, the only work surface was a tiny piece of blue formica in the corner next to the stove. There was also a small built-in breakfast nook, but the table was full of burn marks and the plywood was crumbling."

Jaco made a new table for the breakfast nook with timber and L-brackets, as well as a handy extra work surface high enough to accommodate the washing machine and tumble-dryer underneath. They painted it with high gloss enamel in the same blue as the existing small countertop and glued a black plastic strip around the edge.

The floor was covered in broken vinyl tiles. "We replaced them with black and white porcelain tiles from CTM, which together with the bathroom tiles cost just R2 500," says Annie. "We sanded the white cupboards and repainted them, and the walls also received a fresh coat of white paint.

"A small three-plate stove also works better in this space than the massive old-fashioned stove that, in consultation with the owner, we donated to charity."



STOCKISTS Abode 072 261 3540, abode.co.za **Builders** 0860 284 533, builders.co.za **CTM** 0800 010 810, ctm.co.za **Flooring Depot** 0800 3566 7464, flooringdepot.co.za **MRP Home** 0800 212 535, mrphome.com **Pick n Pay Hyper** 0860 30 30 30, pnp.co.za **Renu-A-Bath** 021 762 1710, renuabath.co.za **Room 13 Collection** 021 425 4469, room13collection.co.za **Scotch & Sofa** 071 784 4555, scotchandsofa.co.za **Vamp Furniture** 021 448 2755, vampfurniture.blogspot.co.za **Woolworths** 0860 022 002, woolworths.co.za



Turn back the clock New is always better, isn't it? These renovators disagree... The bar stools in the kitchen were secondhand buys; the Oosthuizens had all of them, except the red ones, re-upholstered. After the walls were demolished, a new supporting pillar made by Kazik's Metal Works was installed to support the mezzanine level above the kitchen. By Beatrice Moore-Nöthnagel • Photographs Francois Oberholster • Styling Marian van Wyk

















Q&A with the Oosthuizens

Any cost-cutting tips? Besides the beds, none of the furniture is new. Freestanding kitchen cupboards are also cheaper than a built-in kitchen. Any other tips? Clever outdoor entertainment areas will soon give your home a completely new feel. What do you like most? The kitchen! We spend a lot of time here and the Dover stove is wonderful in winter! What's next? We've just renovated a house in Hogsback in the Eastern Cape and now we're starting on our home in Kayser's Beach, which is also in the Eastern Cape. But that's another story...

CONTACT AND STOCKISTS
Africote 011 201 7300, africote.co.za
Gert Naude gertnaude.co.za
Kazik's Metal Works 082 745 4074
Kim's Corner 043 722 6319,
kimsantiques.co.za
Technical Finishes 011 822 7242,
technicalfinishes.com

Costs

Building materials	R6 000
Concrete floors	19 000
Paint	3 000
Lighting	3 500
Supporting column	3 000
Deck	5 000
Plumbing	8 000
Electrical work	7 000
Roof for laundry	4 000
Stonework	2 000
Railway sleeper	800
Kitchen cupboards	19 000
Sink and taps	2 300
Extractor fan	2 500
Labour	15 000
Subtotal	R100 100
Minus sale of	
old kitchen	755 000
cupboards	R35 000
TOTAL	R65 100

What the judges said

Warm-hearted country living at its best. – Johan Spies of Pennypinchers Timbercity

The look of the entire house was updated by demolishing just one wall; the open-plan layout works wonders. – Andrew Maritz, art director at Home

How amazing to bring back old-world charm in what was previously such a contemporary space. – Henk Lourens of Pennypinchers Timbercity

These DIYers know exactly how to bring out and enhance the character of a home. – Deon de Goede, DIY expert at Home

A home full of clever plans. In this case, "old" is definitely better than "new"! – Wicus Pretorius, editor of Home 🏗





home Fix it WITH FLAIR

Enter and win!

It's time to kick off our 2016 Fix it with Flair **competition** – you could take home your share of R62 000 worth of prizes.



{2015 winners} You could be next!



Terence and Noelene Botha with their children, Jake (6) and Jamie (11).

hether you're already in the throes of a makeover or still muddling through the planning stages, it's time to get ready for our ever-popular Fix it with Flair competition.

With product vouchers to the value of R62 000 up for grabs, there's plenty of motivation to submit your entry and send us your before and after pics.

Come on, share your renovation experience with us – and more than 500 000 people who read Home every month.

have any queries regarding this competition, email Roxanne.Cloete@media24.com or call 021 408 3815.

IMPORTANT

Remember the following:

- You need to briefly explain what your project entailed and submit a budget breakdown.
- All projects entered should have been completed within the past three years and at least 60% of the work must have been done by the homeowner - this is a competition for people who don't mind getting their hands dirty!
- · Please remember to submit high resolution images (at least 2MB).

ENTRIES CLOSE 30 June 2016.







great value to love your kitchen



500

TABLE BLENDER (BBEK1051) • 5 Speed settings and pulse

- setting Stainless steel housing 1.5/ Glass jar 500ml Juice collector
- 5 Year guarantee Item no. 592955





795 Russell Hobbs **AURA**

FOOD PROCESSOR (19005-56)

- 1.5\ell Bowl for mixing Includes coffee and spice mill
- Chop, blend, shred, slice and whip 1.5¢ Jug 750W Available in selected stores
- 12 Month guaranteeItem no. 722019

695 Russell Hobbs



- 1.76 Glass jug 5 Speeds plus pulse Stainless steel blades
- Dishwasher safe parts 1000W
 12 Month guarantee
 Item no. 698491

845

Russell Hobbs **AURA**

JUICE EXTRACTOR (20365-56)

- 2 Speed extract juice from fruit and vegetables
 2 Pulp container and 750ml juice jug
 Removeable blades for easy cleaning
 Available in colorated starses

- Available in selected stores
 650W 12 Month guarantee Item no. 722421





Russell Hobbs

KITCHEN MACHINE (20355-56)

- 4.5¢ Stainless steel mixing bowl
 Includes dough hooks, beater and whisk
 700W Available in selected stores
 12 Month guarante Item no. 722049

stylish quality living

621ℓ METALLIC SILVER SIDE BY SIDE FRIDGE FREEZER (DFF416) No frost • Antibacterial seal Dimensions 189 x 97.7 x 77.6cm Sealed crispers 5 Year warranty Item no. 701317

A ENERGY RATING



Large appliance e game.co.za for pricing

Russell Hobbs

- DISHWASHER (RHDW12DS)
- 5 Programmes Half loadNoise level 55DB
- 24 Month guarantee
 Item no. 678413



5 BURNER STAINLESS STEEL GAS STOVE AND ELECTRIC OVEN (DGS161)

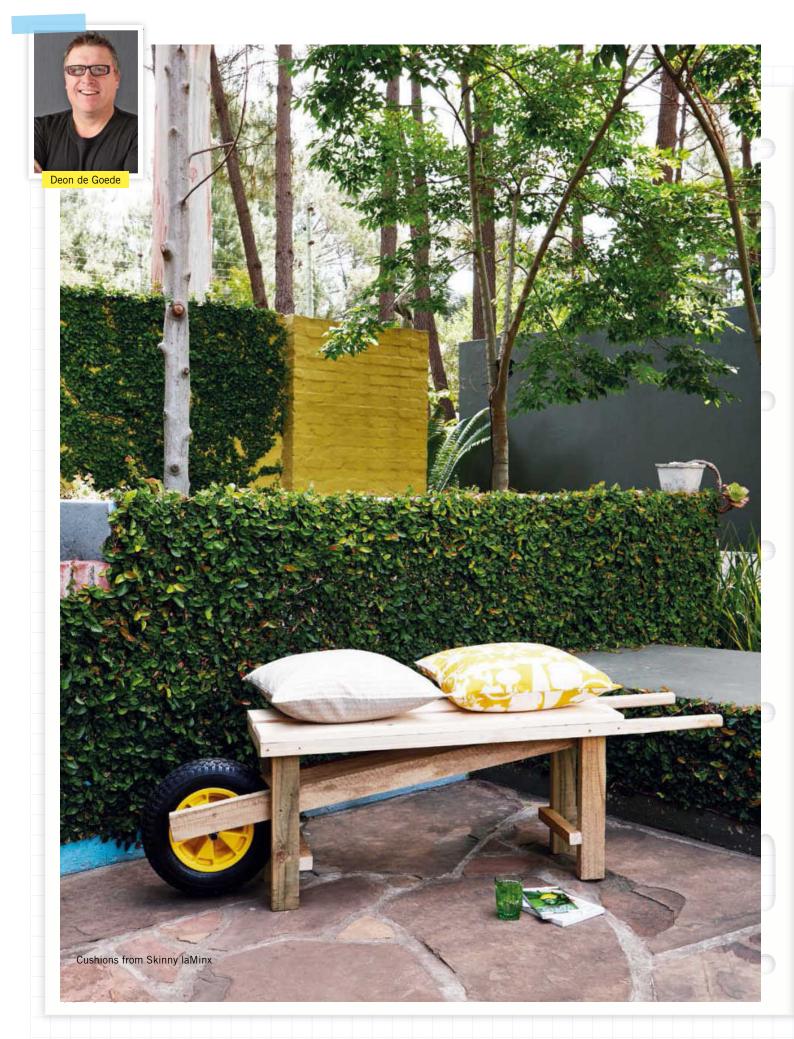
- 4 Gas burner 1 Wok burner
- Multifunction electric oven
- 24 Month warranty
- Item no. 622209





- 2) Bamboo Towel Holder R100 3) Utensils from R15 each 4) 20/24cm Stainless Steel Colander Pack R90
- 6) Always Home 23cm Tower Grater R50 7) Single Canisters at R40 each 8) Mainstays 4 Piece Set Stove Plate covers R50
- 9) Decal Mugs any 4 for R60 10) Brabantia Fry Pan from R160 each 11) Embossed Loose dinnerware from R9 each
- 12) Casa Catania 2 Tier Dishwashing Rack R200 13) 4 Piece Glass Canisters R160 14) Bamboo Chopping Boards from R80
- 15) Mainstay 3 Piece Knife Set R90 16) Bamboo Rolling pin R100 17) Mainstay 12 Piece Stainless Steel Cookware Set R590
- 18) Kitchen Scale Assorted Colours R100 each



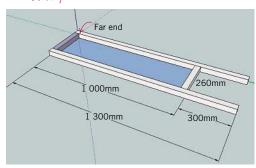


Ready to roll

With this handy bench you can take a load off in a cool spot whenever you need a break from gardening chores.

By Deon de Goede • Photographs François Oberholster • Styling Marian van Wyk

Seat (view from underneath)





Cut screws are manufactured in such a way that they make their own pilot holes when turned; they are screwed in with a special square drive and not the usual Pozidriv.

QUICK PROJECT GUIDE

Hard labour 3/10 Skill level 4/10 Time needed ± 1 hour Finished size ± 1600 (L) x 470 (H) x 340mm (W)

Do it yourself for about R600: wood R270, wheelbarrow wheel R280, screws R50

Project notes

- Remember to drill pilot holes, where necessary.
- Check out scrapyards for a second-hand wheelbarrow wheel and a piece of steel piping. This will reduce your costs significantly.



Shopping list

- 22 x 144mm planed pine, cut to: two 1 000mm lengths (seat)
- 38 x 38mm pine, cut to: two 1 300mm lengths and four 260mm lengths (seat frame and leg struts)
- 38 x 76mm pine, cut to: four 450mm lengths (legs) two 1 200mm lengths (wheel struts)
- 1 wheelbarrow wheel
- twenty-two 8mm x 75mm cut screws
- sixteen 6mm x 50mm chipboard screws
- two 20mm pipe saddles
- 190mm length of 22mm steel piping (wheel axle)
- 120-grit sandpaper

Tools

- · cordless drill or screwdriver
- 3mm pilot bit
- tape measure
- pencil
- · wood glue
- sander

Get started...

1 Measure and mark 300mm from one end of the two 1 300mm framework pieces. Place two of the 260mm framework lengths between the 1 300mm pieces: one at the 300mm mark and one at the far end (see sketch); glue and screw together. >>





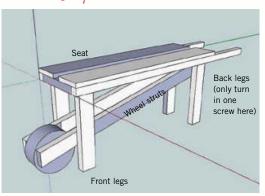
- 2 Glue and screw the legs into the four corners of the frame. I prefer drilling the pilot holes diagonally for this kind of join to make it extra sturdy.
- 3 Measure and mark 150mm from the bottom of each leg and screw the remaining two 260mm lengths at right angles across the legs on the inner sides.







4 Place the two planed pine planks for the seat next to each other and place the framework upside down on this. Drill pilot holes and screw the frame to the seat with the chipboard screws.





5 Screw the two 1 200mm wheel struts into the inside of the 'back' legs – use only one screw so that the struts can move up and down initially.

Timber and wheelbarrow wheel supplied by

6 Place the wheel (with the pipe axle already in it) at the bottom of the front end. Make sure the axle is about 100mm from the front of the strut. Lift the wheel slightly off the ground by placing a 20mm spacer or thin plank under it.



7 Screw the wheel struts to the front legs (see sketch). Mark the position of the pipe saddles on both wheel struts.



8 Attach the wheel to the struts using the pipe saddles. fi

Sand the bench smooth and move it to a shady spot, ready for your next breather!



STOCKISTS AND CONTACT Deon de Goede 084 589 5026, deon@diydeon.co.za Pennypinchers 021 927 5000 Skinny laMinx 021 424 6290, shop.skinnylaminx.com



Keen to attend DIY classes with our DIY guru Deon? Send an email to DIY@homemag.co.za with your name and contact details and we'll let you know when classes start!

SOLUTIONS for your whole house







Finding it difficult to stay organised? The Elfa Storage Solution System consists of a wide range of frames with baskets and hanging rails with shelving, which can be combined in a multitude of ways to make the most of every bit of usable storage space.

A major benefit is that the system is specifically designed to adapt or expand to fit any space you need!

The unique ventilated Elfa units are crafted to the highest standards, using epoxy-coated high-grade steel that is strong, practical and stylish.

The units are easy to install and available as individual items or in pre-packed kits. Let Elfa organise your life.



VENTILATED Stylish mesh design



DURABLE Epoxy-coated to high grade steel



MODULAR & EXPANDABLE Expand units to fit different spaces



SPACE EFFICIENT Various sized baskets and frames available



EASY TO ASSEMBLE Ready to use Starter Packs available



PLAN YOUR SPACE www.elfastorage.co.za



builders Available at Builders Warehouse and various other retail outlets.



A quick study

Show off your DIY skills in a small home office space by turning an old filing cabinet into a nifty side table – then paint your desk with TuislHome Dirty Hands Chalky Décor Paint!





QUICK PROJECT GUIDE Hard labour 1/10Skill level 3/10 Time needed 1 hour Do it yourself for

± R531: second-hand filing cabinet R250, coffee table legs R186, Rust Oleum spray paint R95

Get started ...



1 Spray the filing cabinet with two coats of yellow spray paint on all sides, allowing the paint to dry between coats. You can remove the handles if you



prefer, but we decided to spray the entire cabinet. 2 Use the jigsaw to cut four

squares of 94 x 94mm from the pine plank.



3 Attach the squares to the top of the table legs with the 4mm x 20mm self-cutting screws.



4 Apply contact adhesive on the corners at the base of the filing cabinet and on top of the wooden squares. Let it get tacky before proceeding.

5 Slide the wooden blocks under the lip of the filing cabinet and secure in place with the 3mm x 16mm self-cutting screws. Tip If your filing cabinet doesn't have a lip like ours to help keep the legs in place, you can drill holes through the wooden squares and the base of the cabinet and use small nuts and bolts to attach them. fi

What you need

SHOPPING LIST

- · filing cabinet
- four coffee table legs (available from Sullies Fabrics)
- yellow spray paint
- eight self-cutting screws (4mm x 20mm)
- four self-cutting screws (3mm x16mm)
- · contact adhesive
- 12mm x 94mm x 1.8m pine plank

TOOLS

- jigsaw
- · electric screwdriver

Transform an old table into a funky desk with a fresh lick of paint: to create contrast, only the tabletop and frame of the tabletop were painted with two coats of our Dirty Hands Chalky Décor Paint in the colour Snow; with our paint, no sanding is necessary and it can be applied directly onto the surface.

When the paint was completely dry, we masked lines across the surface and painted it with Dirty

Hands Chalky Décor Paint in the colour Duck Egg.

Once it has dried, remember to seal the paint with Woodoc Antique Wax. Apply it with a brush, an old T-shirt or a clean cloth.

See the order form on page 128 and get your pots of Tuis/Home Dirty Hands Chalky Décor Paint delivered to your doorstep!







STOCKISTS MRP Home 0800 21 25 35, mrphome.com Sullies Fabrics 011 830 2837, 021 447 7159, sullies.co.za **Typo** 021 914 5486, cottonon.com

Ask the experts

Need advice on parquet flooring or rotting door frames? Keen to create a stylish new look for a guest bedroom? You ask - we'll find the answers. Email your queries to Beatrice at experts@homemag.co.za

Compiled by Beatrice Moore-Nöthnagel

Wood borer woes

Bev Arentsen of Durban writes

My husband owns a flat on the Berea in Durban and we'd like to tile it but there's parquet flooring under the existing carpets. We've found wood borers in the skirting and are worried they may attack the parquet flooring if we clean and seal it.



→ Frikkie Greeff, managing director of Woodoc, replies Tiling over parquet flooring is not recommended, especially if there are signs of a wood

borer infestation. The best possible course of action is to get rid of the skirting and the parquet, throw a concrete floor and tile on that.

Alternatively, if the wood borer infestation is limited to the skirting only and you're certain that the parquet blocks are unaffected, we suggest replacing the skirting, sanding the parquet floor and then sealing the blocks and skirting with a top quality floor sealer. Appropriate products in the Woodoc range include: Woodoc 25 Polyurethane Floor Sealer available in Satin and Matt, or Woodoc Water-Borne Floor Sealer available in Gloss and Matt.

CONTACT 0800 411 200

The stunning natural wood headboard perfectly complements the parquet in this Jozi apartment.



Every effort is made to answer all questions, but unfortunately we cannot answer every question personally. Home reserves the right to edit questions for publication.



Quick fix for rotten wood

Ingrid Nye of Pinelands in Cape Town writes We have several large cottage pane French doors around our house, all of which are rather neglected; the worst damage can be seen in the photo (above). We can't afford to replace them but we'd like to fix them before we sand, prime and paint them white; any advice?



> Deon de Goede of DIYDeon replies It would be best to replace the wood but here's a temporary solution: drill in a dowel to strengthen the corner of the door and remove all the

rotten bits before using a wood filler such as Alcolin Wood Filler. If the holes are very big, use something stronger like 'body putty' which is used for panel-beating - it's available at hardware stores. >>



Weekend inspiration

Make a handy easel for recipe books or display your kids' photos and drawings on it. It's as easy as 1, 2, 3!

Saw a 22 x 44mm pine plank into the following lengths: two 210mm, two 350mm and one 335mm. Then construct:

1 Shelf Glue the two 210mm lengths at right angles to each other with Alcolin Cold Glue. Secure with 40mm panel pins and countersink the nails with a punch.

2 Legs Saw the top of the two 350mm planks diagonally at 10° and place them on either side of the 335mm length. Drill a 6mm hole in all three and attach the lengths with a 6mm bolt and wing nut.



3 Assemble Glue the shelf to the outer legs (not the middle one). Fill the nail holes with Alcolin Pine Woodfiller, allow to dry and sand to a smooth finish.

ALCOLIN PROMOTION



Stylish in cement

Carole MacDonald of Durban writes I've seen saris laid on cement flooring and then sealed, creating a beautiful carpet effect that also hides any cracks. Do you know which product I could use to fix the saris in place and which sealant I should use over this?



> Joanne Sykes of Cemcrete replies Unfortunately, we don't have such a product but an epoxy-type sealer might do the trick. However, you could create a similar effect using our Modello Stencils (which can also be custom designed) whereby a pattern is stained onto the cement floor and then sealed in. Here's how it works once your Cemcrete floor

has been laid and cured - but not sealed:

1 Position your Cemcrete Modello Stencil (which has its own adhesive backing to keep it in place) carefully, making sure all the edges are stuck down properly.

2 Apply Cemcrete's CreteStain (you can thicken it with CreteStain Gel, which helps to prevent the stain from bleeding under the stencil edges) in the desired colour(s); use as many layers as you want to create the desired effect.

3 Once completely dry, remove the stencil and seal with the appropriate sealer for your type of floor.

CONTACT cemcrete.co.za



Working with epoxy paint

Paul Putter writes I'd like to paint my patio and garage with a coarse epoxy paint; how should I go about it?



Heinrich Ehlers of Sansbury Unparalleled Renovations replies

Epoxy is a tough, longlasting coating that you paint onto concrete. It resists grease, oil and other substances that would ruin

can be found in a variety of colours. But not all concrete floors will accommodate a coating and preparing (you'll know because water beads up concrete can be labour-intensive.

First assess the condition of your concrete, then clean and etch it before you must wait at least 28 days, applying an epoxy paint. Remember that success lies in the prep work. Plan to spend the first day removing oil spots, cleaning and degreasing the floor, etching it with a mild acid as well as scrubbing, vacuuming and rinsing.

On day two, fill any cracks and apply the first coat of epoxy followed by a second coat on day three. To do a good job (and save your back) we recommend that you rent a walkbehind power floor scrubber with a stiff brush attachment from Sales Hire (saleshire.co.za) for about R260 a day.

Brushes work better than scrubbing pads on concrete, but buy two pads if a brush isn't available. Also, rent a wet vacuum from Sales Hire at about R150 per day if you don't have one.

Before you even consider epoxy paint for your floor, test to determine if damp is rising through the concrete: ordinary paint. It also cleans easily and if moisture is evident, your floor isn't suitable. Also, forgo the project if a concrete sealer was previously used when applied to the surface).

> If you're dealing with a new slab, preferably two months, for the floor to cure and dry thoroughly before applying a garage floor coating. And if you're dealing with a previously painted floor, the best advice is to remove the paint, especially when applying a solvent-based epoxy that could soften any leftover paint.

> Then make sure the weather is set to play along. The temperature of the concrete must be a minimum of 12°C with an air temperature between 20-30°C for optimal curing/drying. **CONTACT** sansbury.co.za



Quick questions

Q: Where can I find an enamel spoon like the one on page 111 of your February 2016 issue?

- Sharon Roux, Pretoria
A: You can get them at
Melissa's (021 886 6179,
melissas.co.za); they're
available in two sizes: as a
small sugar spoon (we've
used it as a dessert spoon)
and a large table spoon.

Q: Where can I buy the Wagworld pet hammock featured on page 88 of your December 2015 issue?

Henriette Bezuidenhout, Potchefstroom

A: You can find Wagworld products at Vetsmart, Shop 74, at the MooiRivier Mall on Nelson Mandela Drive or you can buy online at **takealot.com**.





Q: I love the mirror in the bathroom on page 53 of your October 2015 issue; where is it from?

- Caren Naude

A: The bathroom was done a couple of years ago and the designer says that the mirror might have been from Tusker Trading (031 764 0673) but it's no longer in stock. You can order similar mirrors from Salome Gunter Interiors (021 762 9512).

Q: Can I still get a copy of Home Yard? – Lynne Porter Bronkhorst, Cape Town
A: You can order a print copy from our librarian (lucille.vanderBerg@media24.com); otherwise, buy a digital copy at mysubs.co.za. >>





TO SEE
THE BENEFIT
OF OUR LATEST
SECURITY
INNOVATION,
TURN THE PAGE.



Décor dilemma

Email experts@homemag.co.za

Guest room revamp

Kenny Uzzell of Johannesburg writes

We want to revamp a small guest bedroom with an en-suite bathroom; we'd like to create a rustic look and my wife is keen on decorating in an African style.

I'm going to make a pallet headboard for the double bed and plan to use the Plascon range as featured on page 89 of your August 2015 issue – some of the slats will be sanded for an aged effect. I've also made a few picture frames which I distressed and my wife plans to have photos of an African sunrise or sunset printed for them.

We'd like to buy a matching duvet set and curtains as well as redo the adjoining bathroom. Any suggestions?



→ Jani Goussard of Paint & Décor replies

A headboard made from pallets is a great idea! It will fit in perfectly with the rustic look you want to create. However, I wouldn't paint the headboard too much; rather keep lots of the

natural wood exposed.

Then also consider botanical prints that suit your colour scheme for the picture

frames and perhaps a quote you love to soften the rustic look and make it more contemporary.

For the bedding, I suggest either a grey stripe or keep it white and add a light grey curtain to soften the window. In terms of the general colour scheme, I'd focus on the greys and create pops of colour with accent pieces.

If you're keen on the Plascon colour range, consider painting the focal wall behind the bed in Love Light Chiffon and the rest of the room in something light and fresh such as Lagoon Mirror or Misty Dawn.

Alternatively, I think it will also look beautiful if you paint the focal wall in Aegean Splendour (the dark grey from your selected palette).

In the bathroom, prepare the walls with Plascon Tile and Melamine Primer and then paint them in Aegean Splendour or Nomadic Dream – these colours will work well with the orange of the bathtub and basin and create a retro look. Good luck with your project!

CONTACT paintdecordiy.co.za





Palette inspiration









Stash it or trash it?

Email stashit@homemag.co.za

A traditional seat

Cora Coetsee of Bloubergstrand writes This chair has been in our family for generations. How old is it and what is it worth?



Jo-Marie Rabe of Piér Rabe Antiques replies Folding chairs have been around since the earliest civilisations; they were found in the tombs of the Egyptian pharaohs and were also popular in ancient Greek and Roman times.

Interestingly, folding chairs fell into disuse as formal and official furniture after the Roman period. However, this type of construction was continually used in folk furniture. Cape folding stools, for example, were made by pioneers and migrant farmers in the

18th and 19th centuries and were used on wagons.

Thanks to the development of strong mechanical components during the industrial revolution, folding chairs were once again made on a large scale after the 19th century. Cora's chair is an example of this 19th century revival. During the late 19th and early 20th century, thousands were made in factories around the world. The chairs available in SA were mainly imported from America.

CIRCA 19th century VALUE R1 500-R2 000

CONTACT pierrabe.com



JJ's corner

Email gardens@homemag.co.za

Lawn fungus and chickens

Zenobia Wepener of Centurion writes I suspect that my lawn has a fungus, but I'd like confirmation before I buy a fungicide. The lawn feels like dead grass when you walk on it. We also have Silkie chickens which roam freely, so I don't want to use anything that will be harmful to them.



→ JJ replies It does look like a fungus and if the Silkies are using this area, they're spreading it. Spray something like Copper-Count or Phyta on the grass in the morning and keep the chickens away for two hours until the spray has dried properly; then you shouldn't have any problems. If these organic products don't work, you can use something like Odeon, Bravo or Mycoguard which all have low toxicity. 🔝



Offering uninterrupted views when not in use, Trellidor Rollerstyle aluminium shutters can be manually operated or completely automated, and tailored to fit any opening. Featuring the strength and security you'd expect from a Trellidor product, it's the ultimate way to protect your most valued possessions, as well as your views.

For a free security assessment and quotation, call 0861-TRELLIDOR (873554367) or visit www.trellidor.co.za



Trellidor, Rollerstyle, and The Ultimate Crime Barrier are registered trademarks of Trellicor (Pty) Limited.

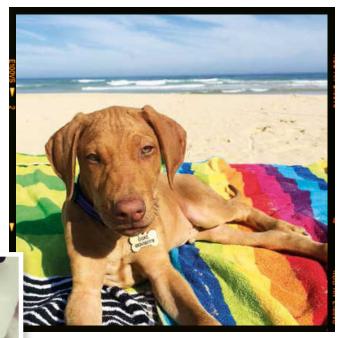


Sweet

Animal antics

Time to chill...

Compiled by Beatrice Moore-Nöthnagel (and her beagle Frodo)



Life's a beach

Duke loves to soak up some rays. - Jolene Meyer, Port Elizabeth







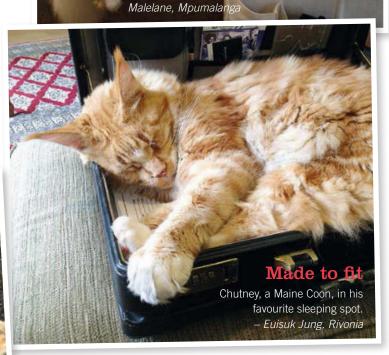
Too darn hot!

Daisy cools off at Emmarentia Dam. - Roelof Strydom, Johannesburg

Keeping a low profileBubbles keeps his cool in the heat! –

Inge Badenhorst, Strand

nap after lunch. – Mariè Coetzee,





Functional and fashionable

German brand Hunter is now available to discerning SA pet owners. Their quality products include collars, harnesses and leashes for dogs and cats, and halters and bridles for horses.

They also produce functional and fashionable dog clothing and beds, as well as care and hygiene items, innovative toys and tempting treats. Visit huntersa.co.za or takealot.com to order.



Bad medicine

Lulu Tsotso from Sandton writes Can I give my dog and cat some of my medication if necessary?

Dr Liesel van der Merwe, a member of the South African Veterinary Association, replies While some human drugs can be given to pets under the supervision of a vet, others can be very toxic! Always consult your vet before giving your pet any of your own medication.

Paracetamol (Panado) is extremely toxic for cats and causes their red blood cells to oxidise; this means they can no longer carry oxygen and are destroyed. This happens within 24 hours and can be fatal.

NEVER give any anti-inflammatory or pain medication not recommended by your vet to your cat – they are extremely sensitive to the side effects as their livers cannot metabolise the drugs efficiently.

Dogs are also susceptible to the side effects of antiinflammatories but usually only show them if they have an overdose. The chewable tablets dispensed by the vet are palatable and we often see dogs who have eaten a whole month's supply in one go! This is a serious overdose and can cause renal failure and gastro-intestinal ulceration; it must be treated immediately.

Dogs also often present symptoms having eaten antidepressants, contraceptive pills, muscle relaxants and antihistamines. Antihistamines generally cause drowsiness and a dry mouth, rapid heartbeat and dilated pupils.

Antidepressants cause similar effects and depress the nervous system which may progress to a coma if large amounts are ingested. The contraceptive pill doesn't cause any severe clinical problems. Muscle relaxants cause a variety of nervous symptoms such as disorientation, vocalisation and depression and will also depress the chest muscles, causing breathing problems.

REMEMBER If you suspect overdose and are in any doubt, it's best to rush your pet to the vet.

CONTACT sava.co.za

Each pet owner whose pic is featured here wins a large PAW x 4 bed for dogs or a medium Cupcake bed for cats from Wag World (wagworld.co.za). Available from leading vet and pet shops, the rugged PAW x 4 range is the best choice for wet or messy pooches, boisterous pups and the 'elderly folk' struggling with incontinence. The Cupcake is ideal for cats and smaller dogs with its cool cotton side for summer and deluxe fleece side for winter. Both come in different sizes and colours. Send your pics (at least 2MB in size) and full contact details to pets@homemag.co.za and your pet might be a winner too! See competition rules on page 128. 🟗





Four lucky readers will each get a queen-size bed set worth R10 000!



hat do people really want from their bed? The answer is simple: an uninterrupted night's sleep on a comfortable, durable mattress.

Established in 1919 in the United Kingdom, Slumberland's studies into the science of sleep have resulted in a superior bed that is both luxurious and strong, providing a great night's rest.

Trust Slumberland to deliver the perfect levels of support and individual comfort.

To locate your nearest stockist, call 011 309 4000 or visit **slumberland.co.za**.

THE PRIZE Four lucky readers will each win a queen-size bed set (base and mattress) worth R10 000! **CLOSING DATE** 31 March 2016

HOW TO ENTER

- Online at homemag.co.za.
- SMS the keyword SLUMBERLAND followed by your name, email and postal address to 33406 (each SMS costs R1.50); see competition rules on page 128.





3-6 MARCH

JOHANNESBURG Ticketpro Dome

0861 HOBBY X www.hobby-x.co.za



South Africa's favourite hobby and craft exhibition

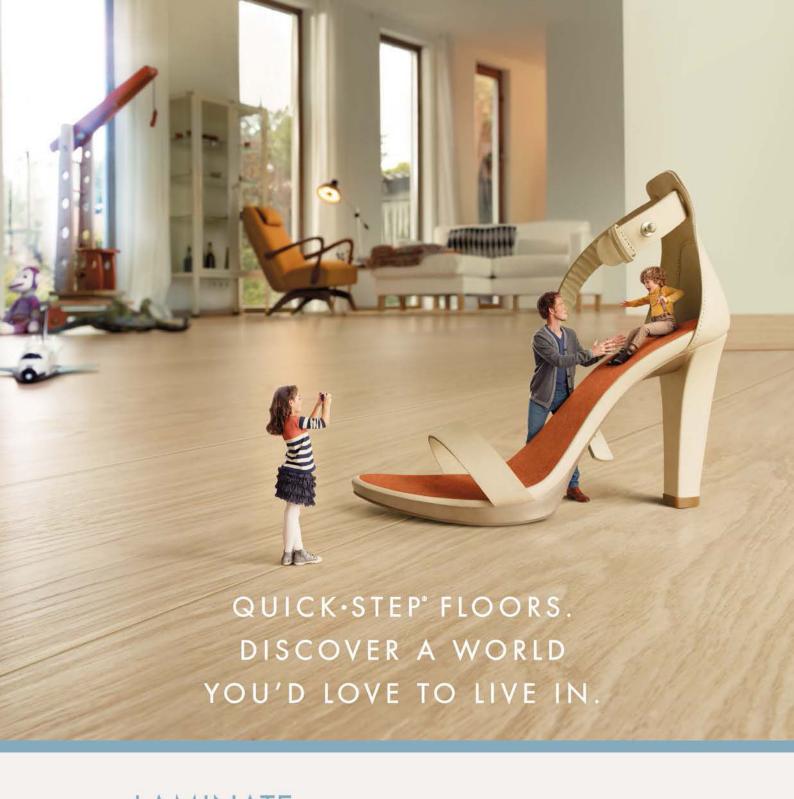
Unhappy	_	Hat	_	out (dispense)	_	Alias (abbr)	Folio	Mode of public transport	-	Mis- treated Section	A member of the Protea family		W	2	
Sea cow		Tran- sactions		Tariff		Trim	-						源		
Fib	Frozen water	•	Type of cheese	^				English title	-			A		1	1
	•		Chat up		Long stories	Verse	-						Religious song	Yes (archaic)	
Bistros Peddle	•		•		•	Cried		Not no		Taking a nap		Tin Mutineers	-1	•	•
				Crooked	•	•		V	Impressive range	-		•			Indefinite article
Increase	Scorch Drop (sound)	•					Less difficult	-						Operate	
_	•	Hand tool to make holes		Primates Hard- wood tree	•				Work Beyond	-				•	
Most recent	•	•		•			Alter	Exist	-		Other- wise Decline	•			•
		•	Cut		On over par (golf)	Worship	'	Scream External	-		V		Tally		Before (prefix) A record
Cape leadwort	-				•	١		Y	Regarding				' -	Move by	'
2				Smell	-				V	Small insect		Maize (SA)		Cry of approval (Spanish)	
		A	Y	Depart Spooky	•		About 5 ml	-		V		V			
Y		K	*	•					Almost	-					
4	T	3	2	Thou (plural)	-		Type of rodent	-			Skin	•			

POCKET GUIDE	MAKE		Phagos
FAMILY Finances		Blue Danielle Steel	CAMPAGNIC C
Eteks.	LETTERS OF STONE	SKY GUIDE Africa South	Sed Rooster
1000000	Spens Spins Spins	PIL.	

A Penguin Random House South Africa hamper worth R1 500!

WIN! For the financial fundi there's Jillian Howard's latest installment in her Best Pocket Guide Ever series, Family Finances, and those who love to upcycle will enjoy Germarie Bruwer and Margaux Tait's Make Your Home. For mom, there's Blue by Danielle Steel, Recipes for Love and Murder by Sally Andrew and *The Peculiars* by Jennifer Thorpe. Dad can get stuck into *Letters of Stone* by Steven Robins, the star-gazers will love the Astronomical Society of Southern Africa's Sky Guide 2016 and the kids will enjoy City Rooster by Claudia Eicker-Harris. Go to penguinbooks.co.za or randomstruik.co.za. The reader who sends in the first correctly completed crossword drawn will win this Penguin Random House South Africa hamper worth R1 500; see our competition rules on page 128.

Send the completed crossword, and your details, to: <i>Home</i> Crossword #87, PO Box 1802, Cape Town 8000 or email to competition@homemag.co.za to reach us by 31 March 2016.										
Name										
Postal code Tel. (h) Tel. (w) Email										



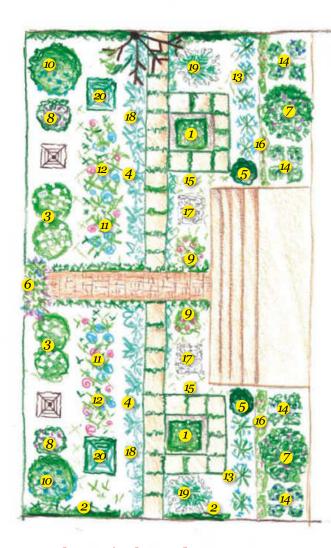
Quick • Step® LAMINATE guarantees carefree living pleasure. Did you know that Quick • Step® Laminate floors are up to ten times more scratch-resistant and easy to maintain? Their unrivalled designs are also extremely stylish. Be inspired and find out what our laminate, parquet and luxury vinyl floors could do for your interior at www.quick-step.com











Stalwarts in the garden

White flowers

- 1 Star jasmine (Trachelospermum jasminoides)
- 2 Agapanthus nana 'White'
- 3 'Iceberg' rose
- 4 Shasta daisy (Chrysanthemum maximum)
- 5 Orange jasmine (Murraya exotica)

Purple and blue flowers

- 6 Purple wreath (Petrea volubilis)
- **7** Yesterday-today-and-tomorrow (*Brunfelsia* pauciflora 'Floribunda')
- 8 Salvia leucantha
- 9 'Blue Moon' rose
- 10 Plumbago auriculata
- 11 Delphinium
- 12 True forget-me-not (Myosotis scorpioides)
- 13 Tall blue agapanthus
- 14 Salvia 'Mystic Spires'
- 15 Viola hederacea groundcover
- 16 Ribbon bush (Hypoestes aristata)

Grey foliage

- 17 Berry saltbush (Rhagoda histata)
- 18 Lamb's ears (Stachys byzantina)
- 19 Globe artichoke (Cynara scolymus)
- 20 Cotton lavender (Santolina chamaecyparissus)

A choice palette

Goldine Carstens of Paarl weaves magic in her garden with **her favourite colours**.

When the Carstens family moved to Paarl in 1988, grey wasn't as popular as it is today. But Goldine already had a passion for the colour.

"We painted both the interior and exterior of our home grey," she says. "Actually, I made everything grey: the walls, carpets, bathroom and kitchen. My husband and my daughters, Alison and Franza, said at the time that when they came home every afternoon they always wondered what else would have become grey! Together with grey, blue and white were my favourite colours for the interior décor of our home."

Not long after, this colour scheme had spread to her garden – with different shades of blue everywhere. "In my garden, the palette also includes purple because there are so many plants with beautiful purple flowers that one can use," she says.

Goldine, a landscaper, tackled the layout of her small space herself. Only the driveway and two big trees remain from the original garden. One of these trees is the tulip magnolia, which is always the first to bear its pale pink flowers in winter.

"I believe that there should be plants in flower every season, something that's achievable with good planning."

She explains: "The yesterday-today-and-tomorrow, Cape May, forget-me-nots and purple wreath herald spring with their abundant flowers. Then it's the turn of the low-growing white agapanthus, foxgloves, delphiniums, roses and star jasmine.

"In summer, the heliotrope, agapanthus, Shasta daisies and Salvia leucantha all bloom, while the Japanese anemone flowers in autumn."





Goldine's gardening tips

- Decide what you need and where you'll plant it before you go to the nursery.
- Repeat similar plants and colours. Masses of white *Agapanthus nana* and a whole row of heliotropes have much more impact than just one or two of them.
- Use pots in shades of the same colour and fill them with plants with different textures and shapes such as lavender, rosemary, pig's ear, aloes and *Echeveria*.
- Feeding at the right time is essential for healthy plants that flower abundantly.
- Keep topiaries neat by trimming them regularly.



$\mathbf{small} gardens$



A screening plant such as the Australian brush cherry is great for providing privacy and giving the garden structure and height. This hedge plant must be maintained and pruned regularly to prevent it from becoming too big and untidy. Pebbles serve as a mulch in this bed; they add texture and provide a contrast to the straight lines of the pavers alongside.

Sharing a small space with two dogs and having a beautiful garden isn't always easy. But gardening expert Neville Orsmond of Create a Landscape has designed Hein and Bonnie's garden in such a way that all four of them can co-exist in harmony.

"The biggest challenge was to utilise the limited space so that there was enough room for everyone, and create a stunning garden. With this in mind, the lawn was removed because too many feet and too little sun simply didn't work," says Neville. The lawn was replaced with different-sized circular pavers and mondo grass was planted in-between as it can handle a lot of foot traffic. Next to the swimming pool, rectangular pavers were laid in an informal pattern with pebbles in-between. "It's a durable surface that also provides texture."

To complement the style of the house, a Moroccan theme was chosen. "When a house has a very specific style, it's a mistake to use another style for the garden. In a small space it is especially important to create a sense of cohesion between the indoor and outdoor areas," adds Neville.







All in the detail

To create a Moroccan theme, Neville used steelwork with lots of detail in the form of fences, gates and lanterns, as well as around the lights. The same element is repeated with metal planters, interspersed with large concrete pots. All the concrete was painted in an earthy browngrey colour (CreteStain in the colour Leather Tan from Cemcrete). A blue mosaic fountain with a typical Moorish design completes the picture.

"Anyone who is a fan of the Moroccan style knows it can look quite busy," says Neville.
"With this theme, less is definitely not more – which can be quite a challenge in a small space. To prevent it from becoming too busy, we used large containers filled with plants with smaller leaves such as blue freylinia (Freylinia tropica) and common boxwood (Buxus sempervirens) – plants with large leaves simply make a small space seem even smaller." >>



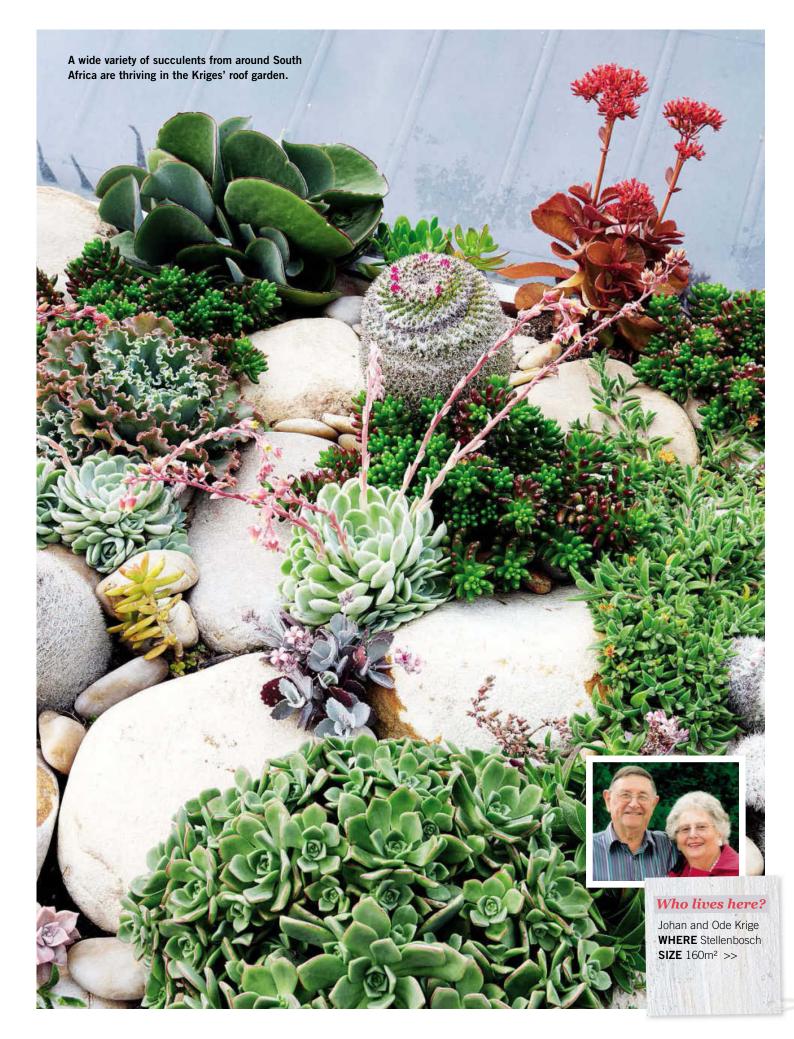












$\mathbf{small} gardens$

The bright idea of creating a roof garden came to Johan and Ode Krige of Caledon Villa, a guesthouse in Stellenbosch, one day while sitting on their roof appreciating the beautiful view of the mountains.

"There are solar panels on our garden flat's roof and I initially had to climb up a ladder every time I wanted to inspect the panels," says Johan. "Later, I built a spiral staircase to make this job easier and that's when Ode and I decided to take a table, chairs and a glass of wine up there. We realised that it would be a great place to enjoy the sunshine and create a succulent garden."

Little by little, they hauled everything up the spiral staircase and so the garden took shape over a period of about four years.

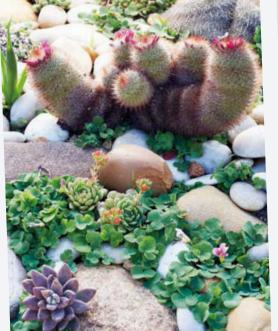
They first put down a layer of drainage stones on the concrete roof and then laid pavers for walkways. The rockeries were created bit by bit with a variety of stones picked up in many different places.

"We initially dedicated each rockery to a particular region. There was one for the Great Karoo, the Little Karoo, the Tankwa Karoo and the Knersvlakte," says Johan. "We bought plants from nurseries all over the country and even carted soil from some of these regions. Over time we allowed the plants from the different regions to overlap to extend the flowering season of each rockery."

Plants on high

- A variety of aloes (there's one in flower almost every month of the year)
- Vygies from different regions which flower beautifully in spring
- A quiver tree (*Aloe dichotoma*) and an elephant's trunk (*Pachypodium namaquanum*) which grow slowly
- Bulbs such as the Karoo violet (Aptosimum indivisum) and century plant (Boophone disticha)
- About 600 sorrel (*Oxalis* spp.) in six colours that Johan's grandchildren helped to collect
- A variety of crassulas
- Stone plants (*Lithops* spp.) from the Knersvlakte in the Karoo
- Carrion flower (Stapelia spp.)
- Protea
- Pincushion
- Spekboom (Portulacaria afra)





Típ

Make sure there is a water connection on the roof and get a garden hose with a fine spray nozzle that can reach everywhere. The climate in the Western Cape is, of course, very different to that of the regions from which many of the succulents originate. However, most have adapted well to the roof. The Kriges water once a week if it hasn't rained.

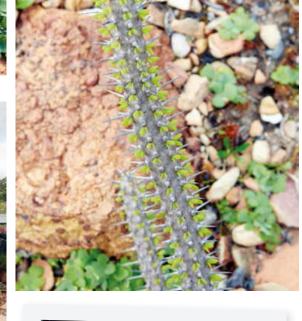


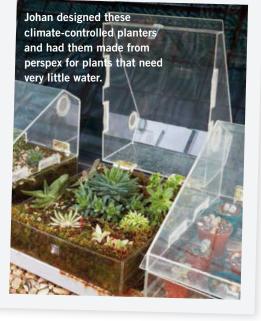
If you want to create a garden on your roof...

Make sure beforehand that the structure of the roof can carry the extra weight. Consult an engineer or architect before you start. Johan, a civil engineer, designed the structure of the flat at the back of their property in such a way that an upstairs area could be added in the future. This makes it strong enough to support the weight of a garden. The drainage on the roof must also be sufficient so that you don't encounter problems with moisture on the inside of the house. Also keep your neighbours in mind and respect their privacy. No neighbour will be happy if you're staring into their yard all day. >>



For many years we had no snails on the roof garden, but eventually they found their way up here! – *Johan*





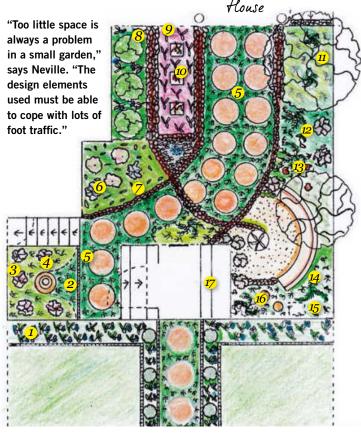


Gary and Karin's front garden was an eyesore. And because they firmly believe that you should be welcomed by a pleasant sight when you enter your front gate, they enlisted the help of Neville Orsmond of Create a Landscape six months ago to give their small front garden a makeover.

There were myriad problems: too many different plants in a small space planted too close together and the garden looked untidy.

In addition, the lawn was struggling to grow due to too much shade and there were too many big plants such as yuccas and cordylines.

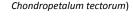
It was also time for a new style. "The railway sleeper path didn't match the architecture of their house," says Neville. "And because the garden sloped up to the front door, it was difficult to traverse."



Plant list

- 1 New Zealand sedge
- (Carex comans 'Green')
- 2 Mondo grass
- (Ophiopogon japonicus)
- 3 Sacred bamboo
- (Nandina domestica)
- 4 Acorus gramineus 'Golden Edge'
- **5** Dwarf mondo grass (*Ophiopogon japonicus* 'Kyoto')
- **6** Wild rhubarb (*Acanthus mollis*)
- 7 Liriope muscari 'Evergreen Giant'
- 8 Pittosporum tenuifolium
- **9** New Zealand flax (*Phormium tenax* 'Amazing Red')
- **10** Rubber-hedge euphorbia (*Euphorbia tirucalli*)

- 11 Agapanthus africanus
- 12 Meyer's cat's tail fern
- (Asparagus densiflorus 'Meyersii')
- **13** Australian tree fern (*Cyathea australis*)
- 14 Wild iris (Dietes grandiflora)
- 15 Wild garlic
- (Tulbaghia violacea 'Silver Lace')
- 16 Tasmanian tree fern
- (Dicksonia antarctica)
- 17 Cape thatching reed
- (Elegia tectorum syn.







Cape thatching reed (*Elegia tectorum* syn. *Chondropetalum tectorum*) is grown in clay pots next to the fountain, while rubber-hedge euphorbia (*Euphorbia tirucalli*) in three metal pots forms a striking focal point near the front door.

Small gardens Q&A

Colour: more or less?

Neville If you use colour, rather plant an excess in one place than spread it all over the garden, otherwise the impact will be lost.

Wouter Green the boundaries of your yard. It makes your garden look and feel bigger. Tall shrubs in the background work well, but a climber against the walls takes up less space and has the same effect.

Petro White, green and grey remain a winning combination: soothing, timeless and striking.

How important are focal points?

Neville They are very important. In a small space you can usually see the entire garden from the house and a water feature will draw the eye.

Wouter Never place a focal point right against a garden wall – it will emphasise the boundary of your garden. By placing it slightly away, you create the impression that the space is infinite.

Petro I like a bench – it invites you to sit and enjoy the garden.

Are pots necessary?

Neville I let pots work hard in a small space. Group them together in a corner on the stoep or on pavers to soften them.

Wouter Beware of having too many pots. They can easily overwhelm

the surface area.

Petro Keep the design of the pots simple and group them together in different heights and sizes. >>





When Morné and Christine Faulhammer of Blouberg decide on a succulent plant for their stoep, it has to be hardy, waterwise and require little maintenance.

"Yes, it has to tick all the right boxes before we'll plant it here," says Morné, owner of Super Plants Garden Centre in Tokai, referring to their container garden with its breathtaking views of Table Mountain. "From the outset, we decided to only plant succulents in pots and planter boxes. We're seldom at home, water is scarce and we've lived in Blouberg long

enough to know how difficult it is to keep plants alive here."

There was once a driveway where the stoep and container garden are now located. The Faulhammers filled it in, built a stoep and converted the old garage into a living room. The stoep was also built on a slight slope towards the street; this prevents pools of water accumulating, which succulents don't like.

The planter boxes were built on the stoep with specific plants in mind. Mother-in-law's tongue (*Sansevieria trifasciata*) is grown in

front of the windows as they only reach a certain height – they don't spoil the view from the house and don't need pruning. Rush-leaved strelitzia (*Strelitzia juncea*) is grown in the planter boxes next to the steps. This plant does well at the coast and with its long, narrow leaves is able to cope with the strong wind.

"The only plant that shouldn't be here is the *Ficus* bonsai. All the books said it wouldn't survive the wind, but it's thriving! Although it has taken on a windswept southeasterly stance," laughs Morné.

A potted garden needs very little maintenance; you only have to weed occasionally. – *Christine*













Morné's advice for a potted succulent garden

- Succulents don't like lots of water or wet feet. So don't water too much or place drip trays under the pots to catch the water.
- Use terracotta pots; they're porous and the water evaporates through the wall of the pot. Glazed pots are better for plants that need more water.
- Most succulents prefer poor soil so it's not necessary to add bonemeal or anything extra when you plant.
- Add the soil to the pot a layer at a time and compact each layer. Soil that isn't compacted has too much air, which means the water will run straight through the pot.
- Fertilise your plants every second month throughout the year with an organic fertiliser high in nitrogen.
- Make sure you know where your succulents occur naturally. If they are endemic to a summer rainfall region and you plant them in the

Western Cape with its wet winters, good drainage is essential.

- Add a substantial layer of heavy drainage stones to the bottom of the pot if the plant is tall-growing. This will prevent the pot from becoming top-heavy and falling over. The stones will also help with drainage. If you live in a windy area, choose low-growing plants.
- If a plant is not happy, move it to a different spot until you see it's doing better.

Experts' choices

Plants for a small garden

First observe how much sun and shade your garden gets before buying plants at the nursery. The climate in your specific area will also play a role in your selection.

TREES

- Purple ornamental plum (*Prunus cerasifera* 'Nigra')
- Leopard tree (Caesalpinia ferrea)
- Chinese maple (Acer buergerianum)
- Silver birch (Betula alba)
- Pompom tree (Dais cotinifolia)
- 'Eureka' lemon tree

SHRUBS AND FLOWERING PLANTS

- Yesterday-today-and-tomorrow (Brunfelsia pauciflora 'Floribunda')
- 'Iceberg' roses
- Gaura (Oenothera lindheimeri)
- Agapanthus nana
- Australian rosemary (Westringia fruticosa) for low-growing hedges
- Viburnum tinus 'Compactum' for background hedges

GROUNDCOVERS

- Dwarf mondo grass (*Ophiopogon japonicus* 'Kyoto')
- Dusty miller (*Cerastium tomentosum*)
- Creeping mazus (Mazus reptans)
- Silver carpet (*Dymondia margaretae*)
- Mexican fleabane (Erigeron karvinskianus)
- Australian violet (Viola hederacea)

CLIMBERS

- Star jasmine (*Trachelospermum jasminoides*)
- Chilean jasmine (Mandevilla laxa)
- Tickey creeper (Ficus pumila)
- Black-eyed Susan (*Thunbergia alata*)
- Potato vine (Solanum jasminoides)
- Boston ivy (*Parthenocissus tricuspidata*)

CONTACTS AND STOCKIST

Caledon Villa 021 883 8912, caledonvilla.co.za Cemcrete 011 474 2415, cemcrete.co.za Neville Orsmond 084 294 0025, createalandscape.co.za

Petro Jacobs petrolandscaping.co.za Super Plants Garden Centre Tokai 021 715 4666, superplants.co

superplants.co
Wouter Kruidenier
dekruidenier.co.za







Garden diary

Early autumn is a good time for a general clean-up, for planting and transplanting trees and shrubs, and preparing beds for spring bulbs and annuals.

Compiled by Gillian Eva • Photographs Francois Oberholster and supplied Send garden info to gardens@homemag.co.za.

Efekto's tip of the month

To help lawns revive in autumn after the extremely hot summer we've had, fertilise now and spray any weeds. After a few weeks, sow lawn seed where needed but be sure to aerate the lawn first – this way your new grass will be well established before the winter chill hits.

Tasks for March

By Kay Montgomery

Autumn colour

Sasanqua camellias begin flowering from early autumn. Their graceful evergreen growth habit makes them suitable for screening or as accent plants with their glossy, dark green foliage a pleasing foil for the satiny pink, red or white flowers. All camellias need regular water or flower buds may abort. Spread a thick mulch of compost or pine needles to help retain moisture in the soil.

Plectranthus species, hybrids 'Mona Lavender' and the Cape Angels series all provide a long-lasting show of flowers in white, pink, blue and purple in dappled shade.

Another worthwhile autumn-flowering shrub that can take more sun is the lilac or white-flowered ribbon bush (*Hypoestes aristata*).

As the season progresses, many plants, including agapanthus, echinacea, gloriosa daisies and **sunflowers** that flowered so generously in summer will fade, leaving behind seed heads to provide a food pantry for birds. Berries of *Pyracantha* and *Cotoneaster* cultivars also offer a feast for feathered friends.







Planting for spring

Buy spring-flowering bulbs now to ensure the best quality, but wait until next month when soil temperatures cool down before planting. As well as daffodils, narcissi, anemone, Dutch iris, snowflake (*Leucojum*), grape hyacinth (*Muscari*) and **ranunculi**, we have a wonderful choice of indigenous bulbs such as chincherinchee (*Ornithogalum*), freesia, babiana, sparaxis, ixia and tritonia to add colour to your spring garden.





3 Vegetables for winter

Think ahead to winter, when you'll be making soups and stews, and plant broad beans, broccoli, Brussels sprouts, cabbage, cauliflower, carrot, onion, peas, Swiss chard, spinach, celery, leek and turnip now.

Planting vegetables while the soil is still warm gives them a good start before the cold of winter. Prepare soil by digging in generous amounts of compost and allow it to settle before planting. Plant in rows, blocks or raised beds. If different vegetables are planted in the same bed, they make the vegetable garden more interesting, and gaps from harvesting won't be so noticeable.

Did you know?

World Water Day on 22 March focuses attention on the importance of water. With this commodity being so scarce in large parts of the country, every gardener should do their bit to conserve water by composting, mulching and grouping plants with similar water requirements. Only water gardens during the cooler times of the day, if water restrictions allow.

Gardening tips for March

- March and April are the main planting months for sweet peas. They need a sunny spot and soil dug at least a spade deep and enriched with compost and Bounce Back fertiliser. Soak seed in water overnight to soften the hard exterior before sowing directly into the prepared soil. Keep soil moist until the seeds germinate. Climbing sweet peas will need a support.
- Towards the end of this month, or in early April, sow seed of blue kingfisher daisies, Namaqualand daisies, bokbaaivygies and other African daisies in sunny areas of the garden. Prepare the ground by thoroughly forking and raking the area. Water well the day before and after sowing seed.
- Soil is still warm and moist at this time of year, which helps new or transplanted shrubs to establish strong root systems and settle down before winter. By the time spring arrives, these will send up strong new growths that will stand up well to wind and heat.
- Cut back old flowers and withered foliage on alstroemeria, day lily, wild iris (*Dietes*) and Shasta daisy, and if they have spread beyond their allotted place or are overcrowded, divide and replant young outer growths in freshly composted soil.
- Dig up overcrowded agapanthus and remove as much soil as possible from the roots. If roots are tangled, use two forks back-to-back to separate the plants, or cut through cleanly with a sharp knife. Replant in compost-enriched soil in a sunny position, keeping agapanthus clumps fairly large to ensure flowering next season. >>



Now you can with new Roundup Gel

The pack fits in the palm of your hand and is so precise and controlled it won't harm nearby plants or the soil. A touch kills the weed down to the root so it never grows back, making it perfect for treating weeds in difficult places such as flowerbeds, paths and even bindweed. New Roundup Gel.

A touch is all it takes.

Customer Care: Tel 086 133 3586 info@efekto.co.za www.efekto.co.za

Distributed by: Efekto Care (Pty) Ltd Reg. No. 2009/006357/07, P.O.Box 652147, BENMORE, 2010. EFEKTO and the EFEKTO logo are trademarks of Agro-Serve (Pty) Ltd. © Agro-Serve (Pty) Ltd. Roundup® Registered by Monsanto South Africa (Pty) Ltd. PO Box 69933, Bryanston, 2021 Co. Reg. No. 1958/01485/07 "Roundup® is a registered Trademark of Monsanto Technology LLC • Roundup Gel Rog No. L9720, Active Ingredient 7.2 gT Glyphosale Contains 9,7 gt isoproplysmice salt). Caution Use weed/illers safely. Always read the label and product information before use.

All products are registered under Act.No. 36 of 1947. All rights reserved.





Pineapple sage is a delicious dessert herb with scented and flavoursome leaves.

How to grow Needs plenty of sun and moist, fertile soil that drains well. Water and fertilise regularly. It grows 1m high and 1m wide and can be used as a single specimen or for a hedge. It will also do well in a large container. Tip of the month Keep it in shape by trimming in spring or after flowering. Did you know? The flowers of pineapple sage attract birds and butterflies. Common problem It needs regular watering, especially in containers as it wilts easily - but it will revive quickly. Uses Adds flavour to fruit salad, fruit punches and drinks, and can be added to pot-pourri, herbal baths and tussiemussies; also use in facial steams and as a rinse to condition and darken grev hair. It is thought to have antidepressant and anti-anxiety properties. Try this pineapple sage cooler: bring 11/4 cups of water to the boil. Remove from the heat and steep 3 tablespoons of chopped pineapple sage leaves in the boiled water for about 10 minutes. Strain and add the sage liquid to 1½ cups of fresh orange juice, 1/4 cup of fresh lime juice, 1 cup of pawpaw nectar and 1 cup of guava nectar. Chill in the fridge for several hours and add a 250ml bottle of sparkling mineral water just before serving. Garnish with sprigs of pineapple sage.

CONTACT healthyliving-herbs.co.za



Aubrev planter (small) R50, mrphome.com

Trimmed to perfection

builders.co.za

Fragram's 7-piece bonsai kit (R199, mica.co.za and leading nurseries) includes a pruner, rake, transplanter, shovel and nipper, and two pairs of scissors. >>







Ludwig's rose corner

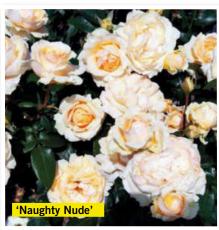
Visit ludwigsroses.co.za and send queries to gardens@homemag.co.za.

Rose guru Ludwig Taschner offers tips for autumn and advice on how to spray your roses effectively.

Q: Are some roses more drought-tolerant than others?

All roses will survive if they receive enough water down to root level, but bushy, spreading roses (such as Colourscape, Floribunda, and Fairytale varieties) with shorter stems that produce a canopy of leaves which shade their roots are more heat-tolerant. Also, large Panarosa shrub roses and climbers have stronger root systems that can spread wider and deeper in search of water.

I recently received an email from a gardener who bought a dozen 'Naughty Nude' Fairytale roses late in the season last year and planted them in a raised bed in his courtyard. He reported that they established themselves well in a short time, bearing beautiful blooms on the young plants. After 10 days away during a terrible heatwave, he expected a disaster upon his return but to his delight the second flush was spectacular, with an abundance of large blooms above plentiful dark green leaves. It really is a rose for the heat.



Q: How can I get rid of weeds in my rose garden?

In principle, it's best to have a layer of mulch such as pine needles on the soil surface. When it comes to robust weeds such as *uintjies* or wild garlic, it helps to have a woven plastic cloth such as Weedstop over the soil with small openings at the base of the plants to allow water to penetrate. Avoid using weed killers.

Tasks by region

Summer rainfall Cooler days, dew in the mornings and the possibility of late rains increase the risk of black spot, so spraying is essential. Fertilise with Vigorosa and water well afterwards to encourage good blooms for the autumn months. Watering can be reduced to twice a week.

Cape coastal March usually marks the start of the winter rains and an increase in fungal disease (black spot, downy mildew or rust), so spraying as a preventative measure (*see sidebar*) twice a month is necessary. If there is sufficient rain, fertilise with Vigorosa to encourage new blooms through to winter.

Lowveld and KwaZulu-Natal coast Spray with Ludwig's cocktail (*see sidebar*) to protect blooms from thrips which thrives in hot, humid weather. If the infestation is very severe, spray with Plant Care or Garden Ripcord. If plants have lost their leaves because of black spot, don't cut back; just pinch off the new upper shoots. This encourages re-sprouting lower down the stem.

Autumn Rose Festival

Walk or picnic among the roses, ride the rose tractor train, taste new wines and enjoy breakfast, tea or lunch

in the rose restaurant. **Dates:** Saturday 12 March and Sunday 13 March.

Venue: Ludwig's Rose Farm. Contact: 012 544 0144.

Care for your roses

How to spray roses

Autumn roses can be the best of the season. Blooms are bigger and colours are intense, but spraying is of utmost importance because this is prime time for black spot and downy mildew. Spraying may seem like a chore but with the right equipment and the right products, spraying once a month is enough to keep leaves free of black spot. If done twice a month, the new leaves are protected as well.

Use an efficient spray pump with good pressure. The higher the pressure, the finer the droplets, which will distribute the spray more evenly and make it go further. For large gardens, a knapsack spray pump is best, while for smaller gardens a 5L or 7L spray pump is adequate. Don't waste your time with a spray bottle.

The best time to spray is early in the morning before 9am or after 5pm.
This reduces the impact on pollinators such as butterflies and bees as well as beneficial insects such as ladybirds which are more active when it gets hot. Spraying when it's cooler allows the pesticide to be absorbed more easily and quickly into the leaves.

Don't spray when it's windy, or if there's the possibility of rain, because a lot of the spray will be wasted. Many spray formulations will not be as effective over 30°C.

Mix just enough to finish in one day.

Once a pesticide or fungicide has been diluted, its efficacy only lasts for a few hours.

Generally, 1L of diluted spray is enough for five to 10 roses, depending on their size.

First pre-mix the concentrate with a little water and then add to the spray tank; fill with water to the desired level.

Shake or agitate the tank well after mixing and do so regularly during spraying to keep the formulation well mixed.

First spray underneath the

First spray underneath the leaves and into the dense parts of the plant because that is where most of the insect activity occurs. Then spray the top side of the leaves.

Clean the empty applicator by rinsing with water and pour this water onto soil in a corner of the garden, so long as there is no run-off into storm water drains.

Ludwig's spray 'cocktail'

Mix Chronos (for black spot, powdery mildew, downy mildew or rust) with organic Ludwig's Insect Spray (to control small-bodied insects and mild infestations of red spider), then add Spray Stay (an adjuvant that acts as a sticker and 'sticks' the spray onto the leaves) and spray your roses with this.



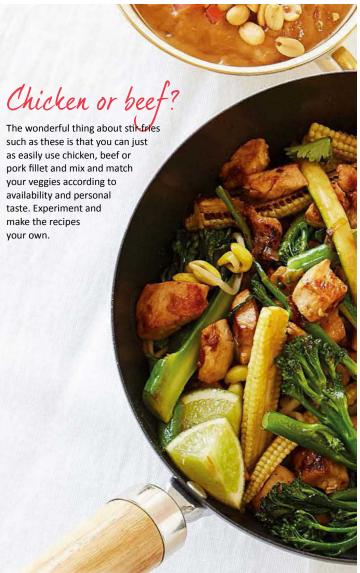
OPEN 7 DAYS A WEEK I WHOLESALE PRICES

OUR BRANCHES

CENTURION 012 657 9400 | **RANDBURG** 011 801 0820 | **UMHLANGA** 031 566 8550 **CANAL WALK** 021 526 7240 | **SOMERSET WEST** 021 840 4160









- · oil
- 500g chicken, cut into strips
- 1 clove garlic, chopped
- 1 red chilli, chopped
- 500g vegetables such as carrots, mangetout, baby corn and broccoli florets
- 60ml fresh coriander, chopped
- 1 lime, quartered
- 45ml peanut butter
- · 4 tomatoes, chopped
- 45ml soy sauce
- 15ml fish sauce
- 5ml brown sugar
- extra peanuts for garnish
- **1** Preheat your wok. Mix 15ml oil through the chicken and fry at a high temperature until golden brown but still juicy. Spoon out, add a splash of oil to the wok and fry the garlic and chilli for a few seconds.
- **2** Add the vegetables and stir-fry until aromatic. The vegetables should still be crunchy, not soggy. Sprinkle the coriander over and season with lime juice; spoon out the vegetables and add to the chicken.
- **3** Add the remaining ingredients to the wok and stir until a sauce forms. Mix the sauce through the chicken and vegetable mixture or serve separately. Serve with steamed white rice or noodles.



Orange and ginger beef

- 500g frying steak, cut into thin strips
- 15ml soy sauce
- 60ml cornflour
- 30ml oil
- 30ml sesame seeds
- 1 knob ginger, grated
- 1 clove garlic, chopped
- 1 red chilli, chopped (or to taste)
- 300g vegetables such as sweet pepper, carrots and spinach
- 45ml soy sauce
- 15ml rice vinegar
- 60ml fresh orange juice
- 5ml orange zest
- 15ml sesame oil
- fresh lime juice
- 1 Pat the beef dry with paper towel, drizzle the 15ml soy sauce over and sprinkle with the cornflour. Arrange the meat on a rack and refrigerate uncovered for 20 minutes this ensures a crispier end result.
- **2** Preheat the wok. Pour oil in it and fry the meat over a high heat until crispy on the outside. Sprinkle sesame seeds over and set aside. Retain the oil in the wok.
- **3** Stir-fry the ginger, garlic and chilli briefly. Add the veggies and fry for 3 minutes. Add the 45ml soy sauce, rice vinegar, orange juice and zest, and sesame oil and cook for 2 minutes. Return the meat and mix through. Finish with a little lime juice and fresh herbs, and serve with rice or noodles.





Prawn and rice noodle salad

Prawns are expensive - stretch your rands by adding coconut-crusted chicken bites if you want the salad to go further.

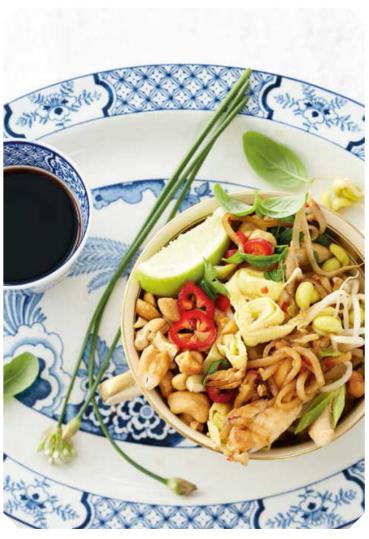
Serves 4 • Preparation time: 35 minutes • Cooking time: 20 minutes

- 12 prawns, peeled but with the tip of their tails still attached
- 5ml lemon juice
- about 100ml cornflour
- 1 egg white, beaten
- 200ml desiccated coconut
- 150g vermicelli rice noodles
- oil
- 1 stalk lemon grass, bruised
- 1 red chilli, chopped
- . 6 spring onions, chopped
- 5ml shrimp paste
- 60ml fish sauce
- 30ml soy sauce
- 15ml lemon or lime juice
- 30ml mint leaves
- · 30ml fresh coriander

- 200g mangetout, chopped
- 2 red radishes, thinly sliced
- 2cm slice of daikon radish*, diced
- 1 small cucumber, peeled, seeded and diced
- 1 Halve the prawns lengthwise and mix with the lemon juice. Dip each one in the cornflour, then in the egg white and lastly in the coconut. Refrigerate for about 1 hour.
- **2** Pour boiling water over the noodles and let them stand for 3 minutes or until just soft (follow the instructions on the packet). Drain and rinse; set aside.
- **3** Heat the wok until hot. Pour the oil into it and add the bruised lemon grass stalk, chilli and half the spring onions; fry for a

few seconds. Add the prawns and shrimp paste and fry until the coconut is toasted and the prawns are pink. Remove the wok from the heat, stir in the fish sauce, soy sauce, lemon- or lime juice and half the herbs. Remove the lemon grass stalk, then stir this through the hot rice noodles.

- **4** Sprinkle the rest of the herbs, spring onions, mangetout, radish and cucumber over, stir through and serve with extra lime juice and soy sauce to taste.
 - * Daikon is a Japanese radish that looks like a very fat white carrot. The flavour is milder than ordinary radish and it can be eaten raw. It's delicious pickled and slow-cooked with meat or chicken.





Chicken pad Thai

These stir-fried noodles are all-in-one street food at its best.

Serves 4 • Preparation time: 25 minutes • Cooking time: 30 minutes

- 4 eggs, beaten
- oil
- 3 chicken breast fillets, cut into strips
- 2 red chillies, chopped (or to taste)
- 2 cloves garlic, chopped
- 1 knob fresh ginger, peeled and chopped
- 200g flat rice noodles, soaked according to the instructions on the packet
- 1 bunch spring onions, chopped
- 200ml bean sprouts, rinsed
- 30ml brown sugar
- 60ml tamarind paste
- 30ml fish sauce
- omelette strips, lemon wedges, cashew nuts/peanuts, chilli and/or basil to garnish

1 Heat a non-stick 25cm pan over high heat. Brush with a little oil, add a quarter of the beaten egg mixture and tip the pan until the bottom is coated, like you do for a pancake. Fry for about 30 seconds until golden brown underneath (you don't have to turn it). Repeat until you have 4 omelettes. Roll up each one and cut into thin strips.

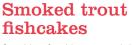
2 Preheat the wok and add a dash of oil. Fry the chicken until browned, but not cooked through. Reduce the heat slightly and stir in the chilli, garlic and ginger for 15 seconds. Add the noodles, spring onions, bean sprouts, sugar, tamarind paste and fish sauce. If the mixture seems too dry, stir in about 30ml hot water and stir-fry until it all comes together and the noodles are ready.

To serve Spoon into bowls and sprinkle with the omelette strips, lemon wedges, cashews or peanuts, extra chilli and fresh basil.

Leftover pad Thai? Make rice paper rolls!

1 Get all your filling ingredients ready in bowls: thinly-sliced mango, carrots, cucumber, avocado, bean sprouts, fresh herbs and so on. Also use your leftover pad Thai. Wash enough butter lettuce leaves for the number of rolls you want. Placing the filling in the lettuce leaves first makes the rolling of the rice paper easier. 2 Quickly immerse the round rice paper sheets (available at any Asian supermarket) in boiling water, making sure both sides are wet. Remove and place on a plate lightly brushed with oil. Add a spoonful of stir-fried pad Thai to each lettuce leaf and then place the leaf with its filling in the centre of the rice paper. Add the rest of your filling ingredients next to the lettuce on the rice paper. Fold the rice paper like an envelope: first the bottom half over the filling, then fold the sides and roll up tightly. Arrange on a platter with the fold at the bottom and serve immediately with sweet-and-sour, plum or chilli dipping sauce, or with soy sauce. >>





Smoking food in your wok is surprisingly easy and exciting, but be warned: you'll need a strong extractor fan in your kitchen – or do it outside over the gas cooker.

Makes 8 fishcakes
Preparation time: 10 minutes

Preparation time: 10 minutes Smoking time: 3 minutes

- . 450g trout fillets, skinned and deboned
- 3 spring onions, chopped
- 10ml sweet soy sauce
- 5ml sesame oil

SMOKING MIX

- 60ml uncooked rice
- 60ml rooibos tea leaves
- 60ml sugar
- 1 Use a very sharp knife to cut the fish into long, thin strips and then chop finely. The fish must be in tiny pieces, otherwise it won't stick together when you make the fishcakes. Mix with the spring onions and carefully shape eight fishcakes.
- **2** Fold a large piece of foil four times and place it at the bottom of your wok. Combine the rice, tea leaves and sugar (you can also add dry spices, chilli and dried citrus peel if you like) and spoon onto the foil.
- **3** Arrange the fishcakes on a wire rack or in a basket steamer and brush with the soy sauce and sesame oil. Place the rack on top of the foil in the wok; the smoke must be able to circulate. Cover with a tight-fitting lid.
- 4 Heat the wok on the highest heat your stove plate offers it shouldn't take long before the tea mixture starts to smoke. Then turn the heat down; we smoked our fishcakes for 3 minutes, which left the insides nice and pink. Decide if you want them cooked through or not. These trout fishcakes are delicious in a sushi salad.

Make a sushi salad

Spoon a serving of **sushi rice** onto four plates and top with your favourite sushi ingredients such as **ripe avocado**, julienned **cucumber** and **carrots**, **pickled ginger** and **wasabi**. Place the **trout fishcakes** on top with a dollop of **Kewpie mayonnaise** and a sprinkling of **sesame seeds**. Serve with **soy sauce**.



Accessories from Plan B Vintage (082 491 3677, planbyintage.co.za); Woolworths (0860 022 002, woolworths.co.za)

Fried cauliflower rice

These little cauliflower grains fried in bacon fat until crispy are a modern interpretation of traditional fried rice. This recipe can also be made with cooked leftover rice for a quick meal.

Serves 4

Preparation time: 10 minutes Cooking time: 20 minutes

- 250g smoked bacon, chopped
- 2 garlic cloves, chopped
- 1 knob fresh ginger, peeled and chopped
- 1 red chilli, seeded and chopped (or to taste)
- 400g cauliflower rice (see below)
- 250ml peas
- 2 handfuls baby spinach
- 4 eggs, beaten
- . 3 spring onions, chopped
- 30ml soy sauce
- · fresh coriander and lime juice to taste
- . 100ml white bean sprouts, rinsed
- 250ml peanuts, roughly chopped

Fry the bacon until crispy. Add the garlic, ginger and chilli, and fry for a few seconds. Stir in the cauliflower rice and stir-fry until the grains begin to brown. Reduce the heat and add the peas and spinach. Stir through and then add the eggs, spring onions and soy sauce and stir-fry until the eggs are cooked. This will go quickly and remember: after the wok has been removed from the heat, the food will keep on cooking due to the residual heat. Season with fresh coriander and lime juice and serve immediately with a sprinkling of white bean sprouts and peanuts.

Make your own cauliflower rice

Cut two heads of cauliflower into chunks, then pulse them quickly (stalks and all) in a food processor until they look like grains of rice. Be careful that the cauliflower doesn't become pulpy!

Don't be alarmed! Shrimp paste, like fish sauce, smells awful but it adds a delicious flavour to food. It's a key ingredient in South-east Asian cuisine and is made from salt and fermented shrimps. Store the jar in the fridge after it's been opened.

Aubergine laksa

This vegetarian curry is so versatile but if you don't like aubergines (brinjals), experiment with vegetables such as mushrooms and cauliflower.

Serves 4

Preparation time: 25 minutes Cooking time: 20 minutes

- · 2 medium or 4 small aubergines, cut into chunks
- . 200g pattypans, thinly sliced
- 1 tin coconut milk
- 200ml water
- 125ml peas
- 350g noodles, cooked according to the instructions on the packet
- · fresh coriander, basil and cashew nuts for garnish
- lime juice
- soy sauce

AROMATIC SPICE PASTE

- . 50g cashew nuts, chopped
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 red chillies, chopped
- 1 stalk lemongrass, chopped
- 5ml turmeric
- 1 knob fresh ginger, peeled and chopped
- · 60ml fresh coriander
- 5ml coriander seeds
- 15ml shrimp paste
- 100ml oil

1 Use a stick blender to pulse all the aromatics, except the oil, together. Gradually add the oil to make a paste. 2 Heat the wok and fry the paste until it just starts to colour. Remove and reserve any oil remaining in the wok. Fry the aubergines in the same pan until browned, adding a little extra oil if necessary. Stir in the pattypans, coconut milk, water and reserved paste, and simmer for 10 minutes; add the peas for the last 3 minutes of the cooking time. Spoon the vegetables onto the noodles then garnish with coriander, basil and nuts and serve with fresh lime juice and soy sauce.

Sweet-and-sour pork nuggets

Add a twist to this takeaway favourite by marinating the meat beforehand.

Serves 6

Preparation time: 1 hour, plus

marinating time

Cooking time: a few minutes per batch

- 600g pork fillet, cut into 1.5cm cubes
- cornflour
- oil for deep-frying

MARINADE

- 60ml light soy sauce
- 45ml dark soy sauce
- 30ml brown sugar
- 1 clove garlic
- 1 knob ginger, peeled and julienned
- 5ml sesame oil

BATTER

- 150g self-raising flour
- 50ml cornflour
- 5ml baking powder
- pinch of cayenne pepper
- 330ml Sprite, ice cold

1 Whisk all the marinade ingredients together and mix through the pork: marinate for at least an hour in the refrigerator. Remove and let the meat reach room temperature before cooking it.

2 Mix the dry ingredients for the batter and beat in the fizzy cold drink

gradually until just mixed. 3 Drain the marinated pork and sprinkle with cornflour. Heat 750ml oil in your wok - test the temperature with a drop of batter (it must bubble immediately and not sink, but it also shouldn't brown too quickly). at a time and fry until golden





Melt-in-the-mouth chocolate cupcakes

Makes 24 cupcakes ● Preparation time: 45 minutes ● Oven temperature: 180°C ● Cooking time: 20-25 minutes

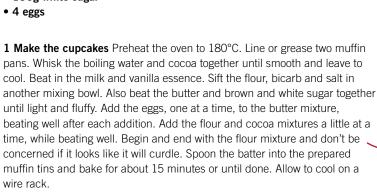
- 250ml boiling water
- 180ml cocoa, sifted
- 125ml milk
- 5ml vanilla essence
- 280g cake flour
- 7ml bicarbonate of soda
- 2.5ml salt
- 250ml butter at room temperature
- 250g brown sugar
- 150g white sugar

SOUR CREAM GANACHE

- 180g dark chocolate
- 125ml sour cream

CHOCOLATE FROSTING

- 125g butter at room temperature
- 80ml cream
- 125ml cocoa
- . 390g icing sugar, sifted







2 Prepare the ganache Melt the chocolate and sour cream together on a low setting in the microwave or on the stove, also over low heat. Do not overheat and stir constantly until melted. Then remove immediately from the heat and cool to room temperature.



3 Prepare the icing Beat the butter, cream and cocoa until creamy. Add the sifted icing sugar and beat at low speed until the icing is mixed in; then increase the mixer speed and beat until the mixture is light and fluffy.



4 Assemble Cut a small hole in the top of each cupcake and fill it with a spoonful of ganache. Spread a little ganache on top of each cupcake to make it smooth and even. Then use a piping bag to finish off each one.

Dinner's on the table!

Four easy and delicious meals to serve up at summer socials.

By Johané Neilson • Photographs François Oberholster



Salmon and sour cream pasta

Under R100 • Serves 4 • Preparation time: 20 minutes Cooking time: 20 minutes

- 400g dried linguine or spaghetti
- 15ml olive oil
- 1 bunch spring onions, chopped
- 1 red chilli, chopped (optional)
- 2 garlic cloves, finely chopped
- 200g broccoli florets, steamed
- 1 x 415g tin of pink salmon, drained and flaked
- 200ml sour cream
- juice and zest of 1 lemon
- 1 Bring a large pot of salted water to the boil and cook the pasta according to the instructions on the package or until al dente. Drain and set aside.
- **2** Heat the oil in a frying pan and briefly sauté the spring onions, chilli and garlic until fragrant. Stir in the broccoli florets and stir-fry for another minute or two.
- **3** Carefully stir in the flaked salmon, sour cream, lemon juice and zest to taste and heat through. Stir into the hot pasta and season with salt and pepper.

Saucy lamb ribs

Under R150 • Serves 4 • Preparation time: 20 minutes Baking time: 1 hour

- 800g (8–12) individual lamb riblets
- 15ml paprika
- 3ml each ground coriander and cumin
- 15ml oil
- 120ml white wine
- 2 carrots, peeled and finely chopped
- 2 celery stalks, finely chopped
- 1 tin tomato and onion mix
- 2 tins mixed beans, drained and rinsed
- **1** Roll the ribs in the spices and fry in the oil until golden brown on all sides. Take care to do this properly it will ensure a juicy result.
- **2** Stir in the white wine and vegetables and then cook for 3 minutes. Stir in the tomato and onion mix and beans, season with salt and pepper, and spoon into a baking dish. Cover with foil and bake for 1 hour in a preheated oven at 180°C. Serve with a fresh salad. **Tip** If you're pressed for time, substitute the ribs with small rib chops and bake for 20 minutes instead of 1 hour.





Chicken salad

Under R125 • Serves 4 • Preparation time: 20 minutes Cooking time: 10 minutes

- 15ml olive oil
- 650g bite-size crumbed chicken pops
- 150g mixed lettuce leaves
- 100g green olives, pitted
- 1 tin chickpeas, drained and rinsed
- · fresh bread and lemon wedges, for serving **DRESSING**
- 125ml yoghurt
- 125ml mayonnaise
- 5ml Dijon mustard
- 15ml lemon juice
- 1 Heat the oil and fry the chicken pops until crispy. Drain and allow to cool slightly.
- 2 Mix all the salad dressing ingredients and season to taste with salt and pepper. Mix the lettuce leaves, chickpeas and olives, and add the chicken. Drizzle generously with the dressing and serve with fresh bread and lemon wedges.

Make your own crumbed chicken pops

Cut 3-4 chicken breasts into bite-sized cubes. Coat with flour, dip in beaten egg and then roll in the crumbs of your choice. Refrigerate the chicken cubes for 20 minutes before frying in oil; this helps the crumbs to stick.

Quinoa and chorizo salad

Under R110 • Serves 4 • Preparation time: 25 minutes Cooking time: 20 minutes

- 30ml olive oil
- 1 large chorizo sausage, sliced
- 1 onion, finely chopped
- 1 red pepper, seeded and diced
- 250g mushrooms, chopped
- 15ml mild curry powder
- · 250ml quinoa, rinsed
- · about 500ml chicken stock, boiling hot
- 2 large ripe tomatoes, cut into wedges
- · a handful of fresh rocket and basil leaves

1 Heat the oil in a large saucepan and fry the chorizo until crispy. Remove from the pan and sauté the onion, pepper and mushrooms until glossy. Add the curry powder and quinoa, and mix. Add the stock and simmer with the lid on until cooked or according to the instructions on the quinoa package (usually about 15 minutes). Taste and season with salt and pepper. 2 Stir the chorizo and tomatoes into the guinoa and spoon onto a serving platter. Sprinkle the fresh leaves over. fr









When less is more

A mercenary approach to letting go of peripherals has brought us to a more frugal state of mind, one that has led us to more considered lifestyle choices, says our food columnist Karen Dudley of Woodstock's The Kitchen.

e'd already packed away 50 boxes of our stuff to go into storage during our home renovations but we had no idea it would take so long for the plans to be approved, and quite honestly we'd been living happily without all their contents for months and months. Then the movers were at last at our front door, moving out beds and cupboards, appliances and still more big boxes to go to our temporary home in the Southern Suburbs.

After meetings with an architect and builders, designers and engineers, our plans were finally passed after 10 months. Full of hope, we're about to start building in earnest. We are dreaming of the kids' bedrooms, a dressing room for us (what luxury!), an eco pool and best of all... a dream kitchen for me!

I used to run my catering company from home. Mine was a hard-working kitchen! Prep people, cleaners and cooks used to come over to cater for small and large parties and events until my poor Sweetheart stood before one of the six fridges, quite disconsolate. Could he eat this? Could he use this milk? So we moved my business to our current shop, The Kitchen, down the road in Woodstock. What an excellent venture it has been! But my home kitchen languished. Once the scene of bustling activity, it now looks war-torn and has struggled with its identity. It's time for a new one to become the centre of family activity.

Packing up has been an epic endeavour with so much to learn along the way. We need so little. We have squashed, quite sweetly, into our temporary home. Even my substantial kitchen has fitted into our "camping" kitchen, especially once I'd released some ancient noodles and kumquat preserves that had been sitting at the back of the shelves since 2006!

The process of letting go of stuff – recycling, charity shops, gifting and selling – has brought us to a more condensed, considered place, less cluttered and burdened by years of accumulation. It's a tricky thing for an avid collector (not a hoarder!) to let go, but the examination of things and deciding what to keep and what to release has been a cathartic

experience. A mercenary approach to letting go of peripherals and things that we are not using has brought us to a more frugal state of mind, one which is perhaps more in tune with the fragile reality of our precious natural resources and has led us to more considered lifestyle choices.

I have a few priorities for my new kitchen: besides beautiful surfaces and lots of wood to chop on, we want a bespoke island around which family and friends can gather. And the toaster and toppings have to be close at hand. I'm a compulsive composter so there needs to be provision for easy management of organic waste. Space for glass and plastic recycling is also imperative. I need just a few good pots and pans at home and smaller quantities of cupboard stock. We've been eating out of our garden more and more and realise that real luxury has to do with self-sufficiency.

Having a few beautiful things around us does make us feel at home in our rented space, so we've brought our comforts: candlesticks and teacups, the orchids in my care and my terrarium. I've also brought some linen and hung the odd picture on the few hooks available.

In our busy lives we have, in reality, precious few hours together as a family during the week. So I'm the master of the quickly-put-together supper: usually a grilled piece of meat or fish or something I've remembered to pop into the oven as soon as I get home – and, of course, something fresh and green.

Our dear friend Dimitri came to our shop for lunch and told me about this salad: it's a simple slaw but the crisp ingredients and tangy dressing prove that less is indeed more. He'd hardly finished talking me through it when one of my cooks, Phumla, set about making it! It has become a firm favourite.

email@karendudley.co.za

Author of A Week in The Kitchen and Another Week in The Kitchen.



Dimitri's slaw

- · a generous handful of rocket leaves
- 1/4 white cabbage, finely sliced
- 2 large carrots, peeled and coarsely grated
- 2 Granny Smith apples, half peeled and coarsely grated (sprinkle with lemon to prevent discolouring)
- 2 medium raw beetroots, peeled and finely grated
- 4 sprigs of mint leaves, picked and shredded

- 15ml toasted sesame seeds
- Maldon salt and black pepper to taste
 Dressing
- juice of 1 orange
- 60ml creamed horseradish
- · pinch of salt
- 60ml quality olive oil

1 First whisk the dressing ingredients together in a small bowl. Then layer the rocket leaves on a serving platter. Drizzle a

little dressing over the shredded cabbage with an extra splash of olive oil and place on top of the rocket.

- 2 Toss the carrot and apple together with a little dressing and layer on top of the cabbage. Season with salt and black pepper.
- 3 Toss the beetroot with the dressing and add to the carrot and apple layer. Finish with any remaining dressing and then a flourish of shredded mint and toasted sesame seeds. Colourful and delicious! fi



fooddrinks Entertain like

With 2016 in full swing, invite some friends over and have a party!

By Johané Neilson • Photographs supplied

















Royco's new Recipe Base range (from R18.99 per 200g; serves a family of four) takes the hassle out of making family favourites such as bolognaise, curries and casseroles by providing a saucy start and an easy-to-follow 'simply add' recipe tag on each packet.



Let's have a tea party!

THE SUPPER CLUB

The Durban Indian High Tea at Jeera Restaurant at wide selection of unique teas with delectable sweet and savoury offerings: think burfee shortbread and a party of four. Check out tsogosun.com.





Whip it up

Entertain like a pro Give your entertaining menus a culinary

boost with The Supper Club (R300, Random Struik) by seasoned author

Phillippa Chefitz. The collection of 90 easy-to-follow recipes for every

occasion is inspired by her monthly supper gatherings with a group of

friends. The warm ricotta cheesecake and hot cherry sauce is a must.



Hop along

Gold Egg Glass Jar with Pearlised Hazelnuts R169.95, woolworths.co.za



Space-saver

Looking for a cooking solution for a small space? The Whirlpool Jet Chef is more than just a microwave oven - it cooks, bakes and steams in a flash and looks great to boot. Go to whirlpool.co.za.

Taste sensation

D'licious Dessert Collection R59.95, clicks.co.za





The best of both. Introducing the new Bi-Ply range from Le Creuset.

With its unique two-layer construction, new Bi-Ply is an unrivalled merger of culinary technology. Combining a premium grade stainless steel interior with a PFOA free non-stick exterior, the robust and aesthetically pleasing range of Bi-Ply cookware will equip you with all the tools you need to cook just like a professional chef. Compatible with all heat sources, and especially suited to induction, Bi-Ply is covered with a lifetime warranty owing to its exceptional durability. For more information visit www.lecreuset.co.za or call our customer help line on 086 177 3321.

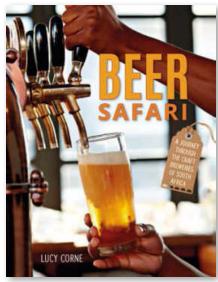






Hey brew!

Following the success of *African Brew*, the first book to showcase the South African craft beer scene, beer-centric author Lucy Corne is back with a second homage to hops and grain. *Beer Safari* (R275, Random Struik) takes readers on a journey through the microbreweries of SA, stopping to chat to each brewer along the way.





Zest Restaurant, nestled in the rolling hills of the Lowveld between Nelspruit and White River, recently welcomed a new head chef, passionate foodie Neil Nel. His latest menu includes delicacies such as green mango atchar and pickled peaches as well as jams, preserves and aubergine caviar. Other highlights include cured meats, smoked pork belly and a smashing new dessert menu; go to zestrestaurant.co.za.



Visit the new Tasteroom and Brewery from award-winning microbrewery Darling Brew.

In addition to a state-of-the-art brewery, they offer an interactive beer-tasting experience, a restaurant and kids' play area. Pop in at 48 Caledon Street in Darling; they're open from Wednesday to Sunday from 10:00 to 17:00, and during school holidays from Monday to Sunday. Check out darlingbrew.co.za.



An apple a day

MOKAÏ is a
Scandinavian spirit
cooler that
combines vodka
and apple juice with
a shot of caffeine to
keep you on the go.
It's available in
elderflower, forest
berries or blueberry
and mint from
Shoprite and
Checkers
LiquorShops.



First from the vine

The maiden vintage Piekenierskloof Chenin Blanc 2015 offers juicy summer melon on the palate with a tremendous finish. Find it at Pick n Pay stores in the Western Cape and select specialist wine boutiques from R90; for details, go to piekenierskloofwines.co.za.

Lighten the moood

The barrel-fermented 2015 Survivor Chenin Blanc (R80 from the cellar door) is medium-bodied and pairs perfectly with autumn fare such as onion tarts, roast chicken and dreamy Camembert cheese.

The new Survivor range from Overhex Wines International is named after a lucky Nguni cow that jumped off a passing truck into the vineyard and survived! Visit overhexsurvivor.com.

On the rocks

The easy-to-use, dishwasher-safe Jumbo silicone ice tray (R129, yuppiechef.com) makes 4.5 x 4.5 x 4.5cm ice blocks that will keep your drinks cooler for longer.





Sarah's Summer Rental

Vacation with Style

Sarah Richardson is turning a 1950's cottage into a holiday dream, to rent. Follow the renovation journey with her husband Alexander and right-hand man, Tommy Smyth. They'll show you how you can create a design dream and an income all in one!

Mon 15:30 • Wed 19:30 • Thu 22:00 • Fri 11:30 • Sat 15:00 & 22:00 • Sun 10:00 & 19:00



SHOP WINDOW

















1 to 3 years training in

theory and practical

Sarane publishers:

Writers' course

One to three years Best works will be published

Publishing

Joint venture publishing now also possible (more involvement with your work and higher royalties) as well as overseas publication and listing on all internet sites.

Contact us:

Cell: 072 9108 225 · Fax: (086) 576 5599

Website: www.helios.co.za · www.sarane.co.za
or www.arttherapyacademy.co.za
E-mail: lorette@helios.co.za
info@arttherapyacademy.co.za
and info@sarane.co.za

f

Also 'like' us on facebook





086 111 3080

ode.co.za

order online or phone us we deliver anywhere in SA

New Cape Town showroom 83 Kloofnek Road





MADE IN BERMANY FOR A NO OBLIGATION DEMONSTRATION: 086 111 4250







Tired of goods, tools or stored boxes in your garage getting weather damaged?

THIS PRODUCT WILL KEEP WATER AND DUST OUT OF YOUR GARAGE!

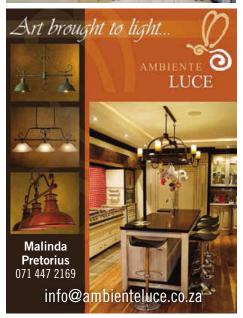
NO MORE RAIN, DUST OR DEBRIS BLOWING UNDER YOUR GARAGE DOOR!
KEEPS MOST RODENTS, SNAKES AND SMALL CREATURES OUT! 100%UV RESISTANT!



SHOP WINDOW







tuis home Dirty Hands Chalky Décor Paint

Order form

Place your order with: Lucille van der Berg

Tel 021 408 3038 • Fax 086 534 5507 • Email lucille.vanderberg@media24.com

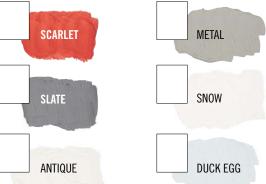
Please send me the following colours (250ml per pot @ R90 per pot)

Indicate in the blocks below the number of pots you want in each colour; minimum order of three pots.

MY DETAILS

INITIALS SURNAME TITLE DELIVERY ADDRESS (Please ensure postal code is correct.) POSTAL CODE CELL EMAIL

Our colour options





FERN

CARBON



An estimated cost is about R60 per pack of three if delivered to major centres and

approximately R100 for delivery to remote or outlying areas. In both instances, allow 15 working days for delivery. Remember: the cost of delivery will increase according to the number of pots you order because it is determined by the weight of the package. The cost of delivery will be confirmed once you've placed your final order.

Solution to Crossword 85

*Courier costs will vary depending on the weight of your package.

8 10	В		D		G		P		T						
Α	U	R	Е	V	0	1	R		S	Α	Р				
М	Υ		W		N		0	М	Е	G	Α				
		R		С	Е	L	L		Т	U	Ν				
Α	W	Е		T			0	В	S	Е	S	S		Р	
	Н	Α	1	R	S		N		Е		Υ		L	Α	Y
С	0	L		С	0		G	1		Н		М	L	N	Е
٧			S	Α	N	Е		С	Н	Α	R	R	Е	D	
	G	1	N		1		Т	0			U	S		Α	I
	R		Е	N	С	Н	Α	N	T	Е	D		Υ		Α
М	Α	S	Α	1		0	Х		0	D	D	М	Е	N	Т
	В	0	K	В	Α	Α	1	٧	Y	G	1	E	S		Е
					0	R			S	E	Е	М		С	
				0	R	D	Е	R			D	0	N	0	R
					Т		R	U	С	K		R	Α	R	Е
				R	Α	T	Ν	Е	D		Т	Υ	Р	E	D

Competition Rules 1 *Home* competitions are open to anyone in South Africa except the employees of Media24, the competition sponsors, their subsidiaries, promotional and advertising agencies and immediate family members. 2 Prizes will be awarded to the first correct entries drawn and winners will be notified telephonically or via email. 3 SMS competition winners will be chosen at random from the total SMS entries received. 4 The decision of the organisers is final and no correspondence will be entered into. **5** Prizes cannot be amended, transferred, extended or exchanged for cash. 6 The sponsors are responsible for fulfilment of the prizes and *Home* cannot be held responsible for problems or delays in delivery of prizes. 7 Prizes to be redeemed within 6 months of notification; extensions only accepted if agreed upon in writing with

NOTE Because of variations occurring in the printing process, paint colours shown in the magazine may not be 100% accurate.

CAPE TOWN OFFICE

Cape Town postal address Office Manager JOHANNESBURG OFFICE Wicus Pretorius • editor@homemag.co.za 18th Floor, Absa Building, 4 Adderley Street, Cape Town

PO Box 1802, Cape Town 8000 Natalie Herman 021 408 3041

Media Park Building, 69 Kingsway Road, Auckland Park

Enquiries Sylvia Kgatla 011 713 9868

EDITORIAL

Art Director Senior Designer **Creative Editor Chief Copy Editor** Copy Editor Andrew Maritz Joanne Uytenbogaardt Marian van Wyk Tessa Jean-Jacques

Gillian Eva **Features Editor**

Food Editor Digital and Marketing Intern

Beatrice Moore-Nöthnagel • beatricemn@tuis.co.za Johané Neilson • johane.neilson@tuis.co.za Zanélle Roodt • zanelle.roodt@media24.co.za

Photographer Francois Oberholster Retoucher René Nortié CONTRIBUTORS

Shelly Bergh, Simone Borcherding, Kim Bougaardt, Sally Chance, Greg Cox, Deon de Goede, Karen Dudley, Gerda Engelbrecht, Marié Esterhuyse, Kosie Jansen van Rensburg, Sonja Jordt, Kay Montgomery, Justin Patrick, Elza Roux, Riana Scheepers, Ludwig Taschner, JJ van Rensburg, Jani Venter,

Amanda van Wyngaardt

Brand Manager Production Manager Syndication Manager Roxanne Cloete 021 408 3815

Kim Petersen Lucille van der Berg

021 408 3038, Tuis_HomeEnquiries@media24.com

(Photostats, faxes and posting of information costs R25)

Driver and Office Assistant Fuad Fritz

ADVERTISING SALES

HEAD: Advertising Sales Key Account Manager (CT) Sales Manager (JHB) Sales Manager (KZN)

Classified Sales Digital Sales Sarah Curtis-Bowles 021 461 2396 Charlene Meyer 082 928 5970 Susan Pienaar 083 281 7300 Gina van de Wall 083 500 5325 Evonne Mehl 021 461 2396

The SpaceStation

www.thespacestation.co.za • info@spacemail.co.za

Cape Town 021 468 8299 Johannesburg 011 993 8050 Durban 021 468 8070

CIRCULATION

Circulation Manager Product Manager Gadija Gamieldien

Wynand Kamffer 011 713 9918

SUBSCRIPTIONS, RENEWALS AND ENQUIRIES

TEL 087 740 1026 • FAX 086 457 5923 EMAIL homesubs@media24.com SMS "home" to 32361 (R1 per SMS) WEB www.my-mags.com

Published by Media24, Naspers Centre, 40 Heerengracht, Cape Town, 8001, Tel: 021 406 2121

CEO: Media24 Esmaré Weideman General Manager: Media24 Lifestyle Charlene Beukes CFO: Media24 Lifestyle Raj Lalbahadur

Publisher Marianne Erasmus • Finance Manager Jameelah Conway











Copyright Media24. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic or mechanical, without the prior written permission of the publisher. While reasonable precautions have been taken to ensure the accuracy of advice and information given to readers, the editor, proprietors and publishers cannot accept responsibility for any damages or inconvenience that may arise therefrom. Home has the right to make alterations to any material submitted, and cannot be held responsible for the loss of or damage to any material submitted for publication. All prices stated are subject to change and may vary from store to store; retail prices in-store should be considered the final confirmed amount.





DIY

Make a daybed for your patio

A glorious autumn aarden

Next month in On sale 14 March 2016

FOOD

with a twist

Step-by-step snoek

and sweet potatoes



It's the small things that count

Why a little, red something can make all the difference in the world...

Much has been written about the effect of colour on our lives. Red for passion, yellow for creativity, green for calm, white for peace... Perhaps we should all learn more about this subject, because then maybe the rainbow can help our crazy rainbow nation to regain its sense of harmony?

I have learned from personal experience that something small and very red can make a world of difference to a tired person or a sad soul. The smaller and redder, the more effective.

As a student I would go on a hike just about every holiday. This was back when we didn't have support-frame backpacks, waterproof sleeping bags or supersonic boots. They were sometimes gruelling journeys over many days and kilometres. Nobody carried your backpack and at night you didn't sleep in a bed. If I think back now, I realise it wasn't a five-star experience, it was a million-star experience: snug in your sleeping bag under the open heavens of our magnificent country, and a million stars glistening above.

Because you knew that every gram you carried in that backpack would soon start to feel like a kilogram, you made sure you packed only the bare essentials. Clean underwear and socks were non-negotiable. A change of clothes for the last day. Dried vegetables and a few tins of bully beef, nuts-and-raisins and two-minute noodles. The heaviest item in my backpack was a bottle of sweet sherry. A heavy burden to carry, but essential because it was medicine. And finally, my personal *pièce de résistance*, something that weighed absolutely nothing, but ensured a world of delight: a packet of red balloons. Time and again, I experienced the miracle of a red balloon. No matter how tired you are, or how sore your feet, give someone a red balloon with his dinner of bully beef and noodles, and life is more beautiful, happier, better. You laugh and life is wonderful. (Especially if you've partaken of a sip or two of sweet medicine.)

Last Saturday, my guests and I once again visited the delightful morning market at Sedgefield. We always go early and look for a nice big log under the trees where we can sit and eat breakfast. We buy coffee and blueberries, oysters and cheese and a fresh baguette. I cover the log with my bright red tablecloth and instantly, as if by magic, our rustic table is no longer a rough log, but the scene for a romantic, platteland picnic. All the people around us, *sans* a red tablecloth, complimented us on ours. We had extra fun, we enjoyed our food more, we laughed and relished every bit of our wonderful breakfast because, you see, we had a red tablecloth.

One of the most touching human stories that I know is that of the liberation of the German concentration camps by Allied forces in the spring of 1945. It was the British and Canadian forces that entered the horrific Bergen-Belsen concentration camp on April 15. Here, they discovered nearly 60 000 prisoners who had been without food or water for days because their captors had fled, simply leaving them to their fate. Despite the fact that the prisoners were freed and immediately given medical care, they were so malnourished and traumatised that the death toll remained alarmingly high for quite a while, especially among the women. Life no longer made any sense for these victims; everything around them had been destroyed.

Who was the person who realised that something small and red could make all the difference? Someone (and please note, it was a man) arranged for a consignment of lipstick – red lipstick – to be flown in from England and distributed to the women. This made the world of difference to the morale of these bewildered women. Thanks to a feeding programme, clean clothes and red lipstick, they were once again able to feel like ladies

To the man who accomplished this I cannot give the Nobel Prize for wisdom, because he has probably passed on. But I would like to do what I would never do for even the queen: give him a deep and grateful curtsy.

And a resounding kiss with blood-red lips.

Riana Scheepers

rianas@mweb.co.za





